

## Grade 1 Physical Education Lesson Plan

主題名稱	第 1 課 傳接跑跑跑	教學設計者	謝承恩老師
教學對象	一年級上學期	教學節次	共 8 節(480 分鐘)
核心素養	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。		
學習重點	學習表現	1c-I-1 認識身體活動的基本動作。 2c-I-2 表現認真參與的學習態度。 2d-I-2 接受並體驗多元性身體活動。 3c-I-2 表現安全的身體活動行為。 4c-I-1 認識與身體活動相關資源。	
	學習內容	Hd-I-1 守備／跑分性球類運動相關的簡易拋、接、擲、傳之手眼動作協調力量及準確性控球動作。	
先備知識	1. 學生於前面單元已練習過健身操及伸展活動。 2. 學生已學習各種走跑的方式。 3. 學生已熟悉基本英語課室用語及走跑和健身操的指令。		
學習目標	1. 熟悉跑步和傳球的基本動作。(第一節) 2. 熟悉拋、傳球的動作要領。(第二節) 3. 能運用拋傳球的動作進行遊戲活動。(第三節) 4. 能合作傳接球，包含拋、接、擲、傳的動作。(第四節) 5. 能運用傳接球，包含拋、接、擲、傳的動作，體驗棒球守備的基本概念。(第五節) 6. 能運用傳接球，包含拋、接、擲、傳的動作，將棒球守備的基本概念運用在遊戲中。(第六節) 7. 能運用傳接球，包含拋、接、擲、傳的動作，進行三站傳接球活動。(第七節) 8. 體驗團隊合作的樂趣，遵守活動規則。 9. 樂於參與雙語體育學習活動，能理解教師的英語指令並做出適切的回應，並透過中文、簡易英文或其他方式清楚表達自己的想法。		
英語應用	目標語 Language of Learning	教師指導用語 Language for Learning	
第一節	Change.	How many tracks?	
第二節	One, two, three, four, five, six, seven, eight.	Are you ready to do warm up?	
第三節	We're ready!	What should you do before exercising?	
第四節	Me!	Who wants to stand next to it?	
第五節	OK!	Is that OK?	

第六節	We're ready!	Are you ready?	
第七節	Choose me!	How do you feel in today's lesson?	
課程安排	第一節	練習跑步和傳球的基本動作。	
	第二節	拋、傳球的動作要領	
	第三節	運用拋傳球的動作進行遊戲活動。	
	第四節	合作傳接球，包含拋、接、擲、傳的動作。	
	第五節	運用傳接球，包含拋、接、擲、傳的動作，體驗棒球守備的基本概念。	
	第六節	運用傳接球，包含拋、接、擲、傳的動作，將棒球守備的基本概念運用在遊戲中。	
	第七節	運用傳接球，包含拋、接、擲、傳的動作，進行三站傳接球活動。	
<b>教學活動</b>		<b>教具</b>	<b>評量</b>
<p><b>第一節</b></p> <p><b>一、【暖身活動Warm Up】10 min</b></p> <p>(一) 引導學生運動前該做暖身運動，並開始做暖身操。</p> <p>T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?</p> <p>S: 暖身操!</p> <p>T: Right! We should do the warm-up first. Are you ready to do warm up?</p> <p>S: We're ready!</p> <p><b>(1) 頭部暖身:</b> Neck 1234-5678 switch 1234-5678</p> <p><b>(2) 肩關節:前後轉</b> Shoulders 1234-5678 switch 1234-5678</p> <p><b>(3) 腰部繞環</b> Hip circles 1234-5678 switch 1234-5678</p> <p><b>(4) 膝關節(右、左)</b></p>			

Do knee circles 1234-5678

switch 1234-5678

**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

**(二) 針對本節課學習內容，再做強化暖身活動：**

T: Today, we're going to run on the track. So, let's do more warm up on our legs.

**(1) 膝關節(右、左)**

Do knee circles 1234-5678

switch 1234-5678

**(2) 腳踝繞環**

Do angle circles 1234-5678

switch 1234-5678

**(3) 手腕繞環**

Do wrist circles 1234-5678

switch 1234-5678

**二、【發展活動 Presentation & Practice】**

**《活動1》繞圈跑步 10 min**

**(一)教師介紹操場，包括：起點、終點、跑道等。**

T: This is the starting line, and that's the finishing line. There are tracks. Let's count. How many tracks?

**(二)全班在操場內場排成兩排，從起點開始，沿著跑道慢跑1圈，抵達終點後，回到內場成集合隊形。**

T: Please line up. Let's run on the track. One lap. 跑一圈操場。

評量原則：能知道操場上跑道有幾條，並指出起點線及終點線位置。

(四)重點歸納：請學生指認起點、終點和跑道。

T: Now, show me the starting line. Show me the finishing line.  
Show me the tracks.

### 《活動2》球不落地 15 min

(一)2人一組，兩兩在跑道上面對面站立，排好隊後準備進行「球不落地」活動。

T: Now, we're going to pass the ball in different ways. One two, one two, pair up.

(二)「球不落地」動作要領：兩人近距離傳接一顆球，以順利傳接且不讓球掉落為目標。傳接方式可有如下變化：

1.左右傳接球：兩人背對背，左右轉身傳接。

T: Back to the back. Now pass the ball to the side.(教師同時示範) Don't drop the ball. Be careful. One more time.

2.上下傳接球：兩人背對背，頭上胯下傳接。

T: Back to the back. Now pass the ball up and down. (教師同時示範) Don't drop the ball. Be careful. One more time.

3.轉一圈再接球：兩人面對面，一人持球，另一人自轉一圈後接球。

T: Face to face. Number one hold the ball. Number two turn around. Number one pass the ball. Number 2 catch the ball. (教師同時示範) Don't drop the ball. Be careful. One more time.

(三)教師請學生思考不同的傳接方式，並鼓勵學生將想法試著做出來。

T: Now. Please work in pairs. You have to create a new way to pass the ball. Please show us your new way to pass the ball.  
請分組討論出一個新的傳接球方式，並展現給同學們看。

(四)重點歸納：做出各種不同的傳接球動作。

T: You learned many ways to pass the ball. Also, you created your own way to do it.

(五)緩和運動

T: Let's do the cool down together. Breath in, 1234-5678. Breath

三顆球

評量原則：能與同伴合作用手傳接球，至少成功五次。

out, 1234-5678. And let's do it again. Breath in, 1234-5678.  
Breath out, 1234-5678.

**(六)心得分享**

T: Please share what you learned from today's class.

**第一節 End**

**第二節**

**一、【暖身活動Warm Up】10 min**

**(一) 引導學生運動前該做暖身運動，並開始做暖身操。**

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do the warm up?

S: We're ready!

**(1) 頭部暖身:**

Neck 1234-5678

switch 1234-5678

**(2) 肩關節:前後轉**

Shoulders 1234-5678

switch 1234-5678

**(3) 腰部繞環**

Hip circles 1234-5678

switch 1234-5678

**(4) 膝關節(右、左)**

Do knee circles 1234-5678

switch 1234-5678

**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8)開合跳 (問學生今天想跳幾下)**

T: How many times jumping jacks you want to do?

同學們今天想跳幾下開合跳呢?

S: Eleven!

T: Okay, let's do eleven jumping jacks. Go!

**(二) 針對本節課學習內容，再做強化暖身活動：**

T: Today, we're going to pass the ball. So, let's do more warm up on our hands and arms.

**(1) 肩關節:前後轉**

Shoulders 1234-5678

change 1234-5678

**(2)手腕繞環**

Do wrist circles 1234-5678

change 1234-5678

**二、【發展活動 Presentation & Practice】**

**《活動3》拋拋接接 10min**

**(一)2人一組相距約2公尺，進行傳接球練習，傳接方式如下：**

T: Now, we're going to pass the ball in different ways. One two, one two, pair up.

1.站著傳接：兩人站著傳接球。

T: Face to your partner. Pass the ball on the track.

2.一蹲一站傳接：一人蹲著，一人站著傳接球。

T: Now, number one squat down. Keep practicing passing the ball. Swich. Number one stand up. Number two squat down.

**(二)熟練後，教師請學生拉長距離練習。**

T: Now, let's lengthen the distance between each other. Keep practicing passing the ball.

**(三)重點歸納：兩人合作進行傳接球練習。**

T: You learned how to pass the ball in different position. Also,

三顆球

能和同伴合作  
展現創意傳接  
球方式，至少  
一種。

you learned how to pass and catch a longer distance ball.

#### 《活動4》球友呼拉圈 15 min

(一) 2人一組，討論如何運用三個呼拉圈和一顆球設計出傳接球活動。

T: I'll give each team three hula hoops and a ball. Each team will have to create your own way to pass and catch the ball with these.

(二) 教師先示範以下兩種方式，讓學生參考：

1. 三個呼拉圈放地上，排一直線。兩個人各站一邊，抱著球跳過三個呼拉圈後，傳球給對方。
2. 一個呼拉圈放地上，兩人都站在呼拉圈外面，一人傳球，球必須彈進入呼拉圈後彈起，由另一方接住。

T: I'll demonstrate first.

T: Hold the ball. Jump through three hula hoops. Pass the ball.

T: I put a hula hoop on the floor. I pass the ball. The ball will bounce in the hoop. The other teammate will catch the ball.

(三) 請學生分組討論出一個自己的傳接球方式。

T: You've seen my ways to pass the ball. Now, it's your turn to create. I'll give you three minutes. Go!

(四) 練習後，進行分組表演及觀摩。教師觀察學生的優點及創意，並多加鼓勵。

T: Now, group after group. Let's show everyone your own way. Which group wants to go first?

S: Teacher, choose us!

T: Wow, you are all so creative. Great job!

(五) 請同學分享觀察別組的創意動作後之心得

T: After watching other teams, what do you learn? Who wants to share? Raise your hand.

S: I want to share!

T: Great job. Learning from others is important!

(六) 緩和運動

T: Let's do the cool down together. Breath in, 1234-5678. Breath out, 1234-5678. And let's do it again. Breath in, 1234-5678.

Breath out, 1234-5678.

(七)重點歸納：做出各種不同的傳接球動作。

T: You learned many ways to pass the ball. Also, you created your own way to do it. Further more, you observe others' methods.

### 三、【心得分享 Self Evaluation and Extention】

**5 min**

(八)心得分享

T: How do you feel in today's lesson?

T: Please share what you learned from today's class.

**S: Teacher, choose me!**

**第二節 End**

**第三節**

### 一、【暖身活動Warm Up】10 min

(一) 引導學生運動前該做暖身運動，並開始做暖身操。

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do warm up?

S: We're ready!

**(1) 頭部暖身:**

Neck 1234-5678

switch 1234-5678

**(2) 肩關節:前後轉**

Shoulders 1234-5678

switch 1234-5678

**(3) 腰部繞環**

Hip circles 1234-5678

switch 1234-5678

**(4) 膝關節**

Do knee circles 1234-5678

switch 1234-5678



**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

**(二) 說明本節課學習內容，請學生發表需要強化暖身哪個部位，並加強暖身：**

T: Today, we're going to throw the ball. We should do more warm up on where? 今天我們要丟球，請問小朋友們覺得要加強哪個部位的暖身呢?

S: 手! 肩膀!

T: Excellent. Let's do more warm up on our shoulders and hands.

**(1) 手腕環繞**

Do wrist circles 1234-5678

switch 1234-5678

**(2) 肩膀環繞**

Shoulders 1234-5678

switch 1234-5678

**二、【發展活動 Presentation & Practice】25 min**

**《活動5》拋擲通關**

(一)從第一關開始挑戰，每人都完成後，才能挑戰下一關。

教師說明三個關卡的配置與通關規則，各關規則如下：

1.第一關：在指定的線內擲球，擲球超過指定的線就過關。

T: Please stand behind this line, and throw the ball over that line. Make sure you use enough strength.

T: Well done, you all passed. Let's move on.

2.第二關：在指定的線內擲球，擲中目標三角錐就過關。

球一顆、三角錐一個、呼拉圈一個、跳繩一個、棒球九宮格。

能說出遊戲中和同伴互動的經過與感想。

T: Please stand behind the line and throw the ball. You need to hit the traffic cone.

T: What do you think is the point? 你覺得待會丟球時，要注意什麼部分才能打中三角錐呢？

S: 要專注！

T: Yes, you need to focus. Let's say it together "focus".

S: Focus!

T: That's right! Let's get started.

T: Well done. You all passed!

**3.第三關：在指定的線內擲球，擲進指定呼拉圈之內即過關。**

**T: Stand behind the line and throw the ball. To pass this, you have to throw the ball into the hula hoop. Are you ready?**

**S: Yes, we do.**

**4.第四關：在指定的線內擲球，擲進指定輪胎內就過關。**

**T: Stand behind the line and throw the ball. Throw the ball into the tire and you pass.**

**3.第五關：在指定的線內擲球，擲向九宮格。一人有擲五球的機會，積分最高者獲勝。**

**T: Stand behind the line and throw the ball. Each student has five balls. Let's see who gets the most score.**

## **(二)緩和運動**

T: Let's do the cool down together. Breath in, 1234-5678. Breath out, 1234-5678. And let's do it again. Breath in, 1234-5678. Breath out, 1234-5678.

## **(三)重點歸納：體驗擲球力量及準確度的控制。**

T: Today, we learned how to throw the ball better. We also learned how to control the ball.

## **三、【心得分享 Self Evaluation and Extention】**

**5 min**

## **(八)心得分享**

T: How do you feel in today's lesson?  
T: Please share what you learned from today's class.  
**S: Teacher, choose me!**

### 三、【心得分享 Self Evaluation and Extention】

**5 min**

(八)心得分享

T: How do you feel in today's lesson?  
T: Please share what you learned from today's class.  
**S: Teacher, choose me!**

**第三節 End**

**第四節**

### 一、【暖身活動Warm Up】 10 min

(一) 引導學生運動前該做暖身運動，並開始做暖身操。

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do warm up?

S: We're ready!

**(1) 頭部暖身:**

Neck 1234-5678

switch 1234-5678

**(2) 肩關節:前後轉**

Shoulders 1234-5678

switch 1234-5678

**(3) 腰部繞環**

Hip circles 1234-5678

switch 1234-5678

**(4) 膝關節(右、左)**

Do knee circles 1234-5678

switch 1234-5678

**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

**二、【發展活動 Presentation & Practice】**

**25mins**

《活動6》全班傳球回家

(一)教師說明「全班接球回家」的活動規則：

- 1.操場放置一個呼拉圈，全班派一人持球站在呼拉圈旁擔任接球者，全班擔任傳球者，在操場散開站立。

T: I need a volunteer stand next to this hula hoop. And all the other students stand around the hoop. Who wants to stand next to it?

S: Me!

- 2.教師將球丟入操場內，學生要在球落地之前接球，接球後往呼拉圈方向傳球，合作用接龍的方式把球送進呼拉圈。

T: Now, catch the ball. After that, please pass the ball to the hula hoop. The student next to the hula hoop has to catch the ball and put the ball into the hula hoop.

- 3.完成上述動作後，換下一位學生站在呼拉圈旁讓全班練習，依此類推直到所有同學皆完成此任務。

T: We take turns to stand next to the hula hoop. Who wants to be the next?

S: I want to!

**(三、【心得分享 Self Evaluation and Extention】**

**5 mins**

**(五)緩和運動**

T: Let's do the cool down together. Breath in, 1234-5678. Breath out, 1234-5678. And let's do it again. Breath in, 1234-5678. Breath out, 1234-5678.

呼拉圈一個、球  
五顆

能說出遊戲時  
應遵守的規  
則。

**(八)心得分享**

T: How do you feel in today's lesson?

T: Please share what you learned from today's class.

**S: Teacher, choose me!**

**第四節 End**

**第五節**

**一、【暖身活動Warm Up】10 min**

**(一) 引導學生運動前該做暖身運動，並開始做暖身操。**

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do warm up?

S: We're ready!

**(1) 頭部暖身:**

Neck 1234-5678

switch 1234-5678

**(2) 肩關節:前後轉**

Shoulders 1234-5678

switch 1234-5678

**(3) 腰部繞環**

Hip circles 1234-5678

switch 1234-5678

**(4) 膝關節(右、左)**

Do knee circles 1234-5678

switch 1234-5678

**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

## 二、【發展活動 Presentation & Practice】

**25mins**

《活動8》三站傳接球

(一)將三個呼拉圈分別擺放在場地上，一個呼拉圈代表一站，每個呼拉圈相距6公尺，圍成一個三角形。

T: I put three traffic cones on the field. Do you see them ?

S: Yes.

(二)3人分別站在三個呼拉圈裡面，成為「呼拉圈人」，其他3人站在三角形的邊線上當游擊手接應。

T: I need three students stand in the hula hoops.

S:Teacher, me!

T: And the rest of you, stand between the hoops.

S: OK!

(三)傳球路線說明：A區呼拉圈人向B區傳球，游擊手接球後再傳球到B區呼拉圈人手中；接著B區呼拉圈人向C區傳球，游擊手接球後再傳到C區呼拉圈人手中，並且反覆練習。

T: We pass the ball. A to B, B to C. Is that OK?

(四)路線中間的游擊手，視傳球狀況接應，若呼拉圈人傳球距離過短，游擊手可以縮短與呼拉圈人的距離接球，自行判斷調整距離的遠近。

T: Students between the hoops can move, but the ones in the hula hoops can't.

(六)學生進入狀況後，教師可提高活動難度，將呼拉圈間距離拉長為8公尺練習傳接球，重新進行活動。

T:I'll move the hula hoops. We have a bigger triangle now. Keep practicing.

(七)教師鼓勵學生，即使難度變高，只要多和隊友溝通合作，一樣能順利完成練習。

三個呼拉圈，一顆球。

能和同學合作，順利完成一圈三站傳接球活動。

**T: Even though it's more difficult now, we can still conquer it by our teamwork.**

### **三、【心得分享 Self Evaluation and Extention】**

**5 mins**

#### **(五)緩和運動**

T: Let's do the cool down together. Breath in, 1234-5678. Breath out, 1234-5678. And let's do it again. Breath in, 1234-5678. Breath out, 1234-5678.

#### **(八)心得分享**

T: How do you feel in today's lesson?

T: Please share what you learned from today's class.

**S: Teacher, choose me!**

**第五節 End**

### **第六節**

#### **一、【暖身活動Warm Up】 10 min**

**(一) 引導學生運動前該做暖身運動，並開始做暖身操。**

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do warm up?

S: We're ready!

#### **(1) 頭部暖身:**

Neck 1234-5678

switch 1234-5678

#### **(2) 肩關節:前後轉**

Shoulders 1234-5678

switch 1234-5678

#### **(3) 腰部繞環**

Hip circles 1234-5678

switch 1234-5678

#### **(4) 膝關節(右、左)**

Do knee circles 1234-5678

switch 1234-5678

**(5) 腳踝繞環+手**

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

**二、【發展活動 Presentation & Practice】**

**25mins**

《活動9》傳啊傳

(一)教師說明活動規則：

1.3人一組，1人持球站在同心圓內圈，2人站同心圓外圍準備接球，其中1人站在靠近呼拉圈處。

T: Three students in a group. One stands next to the hula hoop. The others stand around the hula hoops.

2.主要規則和《活動7》「分組傳球回家」相同，擲球者將球擲出同心圓跑道外，外圍的傳球者接球，傳給站在呼拉圈旁的人，接著把球放入呼拉圈。

T: I'll pass the ball to you. You pass the ball to the one next to the hula hoops. And after that, you put the ball into the hula hoop.

3.球放入呼拉圈後，換下一位同學站呼拉圈旁。

T: We take turns to stand next to the hula hoops. And keep practicing.

4.雖然規則相同，但是擲球距離拉長，難度增加。

T: It's more difficult than last activity, but rules are the same.

(二)分組對抗，看哪一組可以先將5顆球放入呼拉圈。結束後更換站在呼拉圈旁邊的人，持續練習。

T: Let's see which team can put five balls into the hula hoops first. Are you ready?

兩個呼拉圈，20顆球。

能與同伴合作，完成跑傳大作戰比賽。



S: We're ready.

### 三、【心得分享 Self Evaluation and Extention】

**5 mins**

#### (五)緩和運動

T: Let's do the cool down together. Breath in, 1234-5678. Breath out, 1234-5678. And let's do it again. Breath in, 1234-5678. Breath out, 1234-5678.

#### (八)心得分享

T: How do you feel in today's lesson?

T: Please share what you learned from today's class.

**S: Teacher, choose me!**

**第六節 End**

### 第七節

### 一、【暖身活動Warm Up】 10 min

(一) 引導學生運動前該做暖身運動，並開始做暖身操。

T: Hello, everyone. Do you remember what you should do before exercising? 運動前我們該做什麼呢?

S: 暖身操!

T: Right! We should do the warm-up first. Are you ready to do warm up?

S: We're ready!

#### (1) 頭部暖身:

Neck 1234-5678

switch 1234-5678

#### (2) 肩關節:前後轉

Shoulders 1234-5678

switch 1234-5678

#### (3) 腰部繞環

Hip circles 1234-5678

switch 1234-5678

#### (4) 膝關節(右、左)

Do knee circles 1234-5678

switch 1234-5678

#### (5) 腳踝繞環+手

Do three circles 1234-5678

switch 1234-5678

**(6) 高壓腿**

Press legs 1234-5678

switch 1234-5678

**(7) 低壓腿**

Squat down and press legs 1234-5678

switch 1234-5678

**(8) 開合跳 (20 下)**

Do twenty jumping jacks, go!

**二、【發展活動 Presentation & Practice】**

**25mins**

《活動12》跑接對抗賽

(一)教師說明「跑接對抗賽」活動規則：

- 1.全班一起，分別為「傳接組」和「跑步組」。傳接組派出3人，位置與「三站傳接球」相同，分為A、B、C三區，每區各有1人站在呼拉圈裡；跑步組派出2人，站在跑道起點準備。

T: We do this activity together. I need three students stand in the hula hoops.

S: Teacher, choose me.

T: And the rest two students will run on the track for one lap.

- 2.聽教師哨音後，傳接組和跑步組同時開始行動。

T: Please start after hearing the whistle.

- 3.傳接組進行方式與「三站傳接球」相同，一開始，A區呼拉圈人向B區呼拉圈人傳球，接著B區呼拉圈人向C區呼拉圈人傳球，C區呼拉圈人再傳給A區呼拉圈人。

- 4.跑步組2人一組，從跑道起點起跑，跑一圈抵達終點。

T: Pass the ball. A to B. B to C. C to A.

- 5.比賽得分判定方式：在跑步組完成跑一圈的任務之前，傳球組傳一圈得1分，傳兩圈得2分，依此類推。

Within the time before the runner finish one lap. Finish passing the ball one time gets one point.

- 6.比賽哪一組跑步組，能讓傳球組得最少分數。

We'll see which runners can let passing team get the lowest

三個呼拉圈，一顆球。

樂於參加跑接對抗賽，並遵守規範，發揮團隊精神。

score.

(三)上述流程視為一局，。若還有剩餘時間，可讓跑步組、  
傳球組互換角色，繼續進行比賽。

T:Let's take turns and see who will be the winner.

### 三、【心得分享 Self Evaluation and Extention】

**5 mins**

#### (五)緩和運動

T: Let's do the cool down together. Breath in, 1234-5678. Breath  
out, 1234-5678. And let's do it again. Breath in, 1234-5678.  
Breath out, 1234-5678.

#### (八)心得分享

T: How do you feel in today's lesson?

T: Please share what you learned from today's class.

**S: Teacher, choose me!**

**第七節 End**