

領域/科目	健體領域		設計者	廖柏勳
實施年級	6年級 23人		總節數	共1節，40分鐘
主題名稱	手球傳接球與簡易攻防練習			
教學單元活動設計				
學習目標	<ol style="list-style-type: none"> 學生能準確的傳球 學生能穩固的接球 學生能在有防守者干擾下完成傳接球 			
學習表現	<p>1c-III-1 了解運動技能要素和基本運動規範。</p> <p>1c-III-3 了解身體活動對身體發展的關係。</p> <p>1d-III-1 了解運動技能的要素和要領。</p> <p>1d-III-2 比較自己或他人運動技能的正確性。</p> <p>2c-III-3 表現積極參與、接受挑戰的學習態度。</p> <p>4c-III-2 比較與檢視個人的體適能與運動技能表現。</p>			
教學用英語	Classroom Language	<ol style="list-style-type: none"> 1. Time for class. 2. Hold your balls. 3. Make ___ lines. 4. Let's do the warm-up. 5. Do you understand? 6. I will divide you into ____ groups. 7. It's practice time. 8. Class dismissed. 9. Did anyone get hurt? 10. Who is not here? 11. Are you okay? 		
	Target Language	<ol style="list-style-type: none"> 1. underhand pass (swing→step→pass) 2. overhand pass (side to target→big L→step→twist→throw) 3. catch (eye follow→hands ready→absorb) 		
教學活動內容及實施方式				時間
<p>一、 Warm-up</p> <p><u>A. Warm-up</u></p> <p>a. 動態暖身操(Warm-up sequence):</p> <ol style="list-style-type: none"> arm circle → backwards → arm scissors → star jump → toe touch → hip joint → calf 				5 mins
<p>二、 Presentation-Passing</p> <p><u>A. 傳球動作教學(Ball Passing)</u></p> <p>b. 教師示範教學傳接球基本動作</p> <ol style="list-style-type: none"> When we throw the ball there are two ways to pass. One is underhand pass, the other is overhand pass. First, I am going to teach you underhand throw. There are 3 steps for underhand pass. Swing→Step→Pass 				15 mins

- iv. Everybody stand up, let's try this without balls. Swing→Step→Pass.
- v. The other way to pass the ball is called overhand pass.
- vi. There are five steps for overhand pass. Side to target→Big L→Step→Twist→Throw.
- vii. Everybody stand up, let's try this without balls.Side to target→Big L→Step→Twist→Throw.
- viii. Here I have some cues for you to catch the ball well. Eye follow→Hands ready→Absorb

c. 分組進行實際練習傳接球

- i. Practice time. Later, 3-4 people in a group. If you get 3, make a triangle. If you get 4, make a square. Keep 5-step length between 2 people.
- ii. Remember, we are not doing dodge ball. So do the pass which could help your friend to catch the ball.
- iii. Throw the ball to your friend's chest area, and don't throw the ball to hard.
- iv. If your group can do 10 good passes in a row, your group members can move 2-steps back to make a longer distance for the pass.
- v. Let's do 3 minuties underhand pass and 3 minuties overhand pass.

三、 Wrap-up

兩人傳接球加一位防守者(Pass the ball to the other side)

a. 教師解說練習活動基本規則

- i. Two people in a gourp, you have to move the ball to the other end of the court by passes. You can't drop your ball.
- ii. The person with the ball can only move one foot.
- iii. If the ball dropped before you move to the end of the court, you have to restar again.
- iv. The defender will try to interrupt the passers. The defender can't take the ball directly from other peoples' hand.

b. 教師解說練習活動技巧

- i. The reciver has to try to make a triangle between your teammate and the defender.
- ii. The longer distance between passer and receiver the more opportunity you are going to drop the ball.

d. 分組進行實際練習攻守傳接球練習

e. 分隊進行競賽(Game Time)

f. 教師總結課程，並預告下次課程(Conclusion)

20 mins

試教成果
或
教學提醒