

主題名稱	我是飛毛腿	教學設計者	體育:郭長鑫 英語:李珮綺
教學對象	六年級	教學節次	2 節課(80 分鐘/每節)
能力指標	<p>3-2-3 了解運動規則，參與比賽，表現運動技能。</p> <p>3-2-2 在活動中表現身體的協調性。</p> <p>3-2-4 在遊戲或簡單比賽中，表現各類運動的基本動作或技術。</p>		
學習目標	<p>一、能遵守遊戲規則，並和同學合作完成遊戲</p> <p>二、能體會並做出跑步與蹲踞式起跑動作。</p>		
教學方法	實作教學、合作學習法		
	<p>單字：短跑 sprint 起跑線 starting line 終點線 finish line 第一 first 第二 second 第三 third /line up ,spread up / run lap / Physical Fitness / fishnet /hold your hands / hands on shoulders / squat / the same / relay race / relay zone / runner / baton / ready、set、go</p> <p>課堂用語：注意、集合 Attention 試試看 Try it 認真聽 Listen carefully 分組練習 practice in groups</p> <p>句子：各就各位 on your marks 預備、就位、起跑 Ready ! Get set ! GO* Ready to race! *On your mark ! *Get set! *Go!</p>		

教學活動	教學時間	教具	評量
<p><b>第一、二節 跑的方法</b></p> <p>一、引起動機</p> <p>能了解並做出跑步時身體動作</p> <p>-Attention! It's time for class.</p> <p>-Warm up exercise.</p> <p>二、活動</p> <p>(一)帶領學生做暖身操，特別加強腿部、肩部與手臂肌肉伸展。</p> <p>-Have students to do warm-up exercises, especially strengthening the legs, shoulders and hands</p> <p>-Stretching of arm muscles.</p> <p>(二)學生在跑道分成矩陣隊形，老師示範並講解:依序由上向下或由下向上說明跑步時身體各部位應保持或做出的動作，邊說明邊示範，並請學生原地模仿。</p> <p>- The students are divided into on the runway, and the teacher demonstrates and explains.</p> <p>1.頭部動作:頭、頸自然挺直，不可前傾或後仰，眼睛直視前方。</p> <p>- Head and neck should be straight. Do not lean</p>	<p>3</p> <p>2</p> <p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>5</p> <p>2</p>	<p>哨子</p> <p>跑道</p>	

<p>forward or backward. Eyes Look straight ahead.</p>	3		
<p>2.肩部動作:肩膀自然放鬆，以肩關節為軸心，手臂前後擺動。</p> <p>- The shoulders are relaxed, with the shoulder joint as the axis, the arms swing back and forth.</p>	10		
<p>3.手臂及手掌:手臂彎屈成L型，手掌輕握成拳型。</p> <p>- Bend the arm into an L shape and your palm into a fist shape.</p>	10		
<p>4.身體姿勢:身體保持挺直，勿前傾或後仰。</p> <p>- Keep your body straight and do not lean forward or backward.</p>	10		
<p>5.腿部動作:大腿抬至水平高度，小腿向前跨出。</p> <p>- Raise the thigh to the level, and step forward.</p>	10		
<p>(三)老師觀察學生動作後，適時修正與調整學生姿勢。</p> <p>-Welldone !</p> <p>Now I will ask a well-done student to show us the actions we learned today!</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>	5		

-----  
-----  
**第三、四節 蹲踞式起跑**

**一、引起動機**

能了解並做出蹲踞式起跑的正確動作。

-Attention! It's time for class.

-Warm up exercise.

-Have students understand and make the correct movements for a squat start

**二、活動**

(一)老師說明: 蹲踞式起跑是正式短跑運動賽事規定的起跑方式，也是能發動最快起跑姿勢，正確的起跑動作可以使起跑速度加快，一起來練習。

(二) 蹲踞式起跑步驟與動作指導。

**1.各就位: Ready**

(1)單腳膝蓋跪地，左右腳均可，先取好前腳位置並固定，端視個人習慣。

(2)在取好後腳位置並固定。

(3)最後雙手觸地，虎口與起跑線平行，但不可觸線。

- Kneel on one knee, either left or right, ---

Take the position of the first front foot.

- Finally, both hands touch the ground, the

tiger's mouth is on the starting line, but not over the line.

String

## 2. 預備: *Get set*

(1) 原跪地膝蓋離地，手臂撐直，臀部提起略高於肩。

(2) 視線保持在前方地面約 60 公分處。

- Kneeling on the ground, knees off the ground, arms straightened, buttocks raised slightly higher shoulder.

- Keep the line of sight about 60 cm in front of the ground.

## 3. 槍聲或哨聲起跑: *Go*

(1) 前腳用力後蹬。

(2) 後腳用力迅速屈膝抬腳。

(3) 兩臂前後用力擺。

- Push back hard with the front foot.

- Quickly bend the knees and raise the feet with force.

- Swing both arms forward and backward.

(三) 請學生原地練習，老師巡視與指導，觀察後適時修正與調整姿勢。

- Ask students to practice.

<p>(四)起身起跑:帶學生熟練起跑姿勢與動作後，將學生分為數組，每三組人分立三道，老師以哨聲代替鳴槍進行5分尺起身快跑，透過競賽遊戲練習起跑動作。</p> <p>- Students are divided into groups, and each three groups are divided into three groups.</p> <p>-Listen to teacher's whistles.</p> <p>-Get up and run.</p> <p>-Practice starting moves.</p> <p>-Welldone !</p> <p>Now I will ask a well-done student to show us the actions we learned today!</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>			
教學活動	教學時間	教具	評量
<p>第五、六節 加速跑與全速跑</p> <p>一、引起動機</p> <p>能了解並做出跑步時身體動作</p> <p>-Attention! It's time for class.</p> <p>-Warm up exercise.</p> <p>二、活動</p> <p>(一)帶領學生做暖身操，特別加強腿部、肩部與手</p>	<p>2</p> <p>3</p> <p>5</p>	<p>哨子</p> <p>跑道</p>	

<p>臂肌肉伸展。</p> <p>(二)動作說明與指導:跑步過程中的速度會由起跑步前的靜止到加速跑及全速跑, 因此身體姿勢與擺臂、步幅動作也會有些不同, 我們一起來認識及練習。</p> <p>-Have students to do warm-up exercises, especially strengthening the legs, shoulders and hands</p> <p>-Stretching of arm muscles.</p> <p>-Learn how to speed up and run at full speed. So posture is very important .</p> <p>-Look at the teacher's postures.</p>	15		
<p>1.預備。</p> <p>2.起跑後第一步:起跑時身體保持前傾, 第一步步幅不宜太大, 兩臂用力擺高, 加大擺臂弧度。</p> <p>3.加速跑:起跑第一步後, 身體繼續保持傾斜, 不藥立即挺身, 兩腳快速交互抬腿及向下蹬地。</p> <p>4.中途全速跑:隨著跑步的速度逐漸增快, 身體姿勢會由傾斜而逐漸挺直。</p> <p>5.終點衝刺跑:此時應加大跑步步伐, 盡全力以最快的速度往終點邁進。</p> <p>*Get ready.</p> <p>-The first step after the start: keep your body leaning forward at the start, swing both arms forcefully.</p> <p>(三)加速跑練習</p>	15		

- 1.單人推牆抬腿跑:雙手撐牆, 身體保持前傾, 雙腳原地做抬腿跑的動作, 由慢逐漸加速跑。
- 2.雙人互推練習:兩人先各自以弓箭步, 雙手互搭互推, 吹哨後, 一人原地抬腿加速跑, 一人保持原地弓箭步姿勢不動撐著對方。
- 3.原地抬腿跑:上身保持挺直, 雙腳原地做抬腿跑。
- 4.行進抬腿跑:上身保持挺直, 以抬腿跑方式跑過每一小格繩梯。

**\*Speed running practice**

-Single person pushes the wall

-Two-person push exercises: the two people first lunge at each other, and put their hands on each other.

-Run with legs on the spot: Keep your upper body straight and run with legs on the spot.

-Marching and leg-raising: keep your upper body straight and run through a small rope ladder.

-Well done !

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

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

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



<p><b>第七、八節 終點衝刺跑</b></p> <p>一、引起動機</p> <p>能做出起跑前、中、後的擺臂動作。</p> <p>-Attention! It's time for class.</p> <p>-Warm up exercise.</p> <p>-Today teachers will show you how to swing arms step by step.</p> <p>二、活動</p> <p>(一)終點前衝刺是求得最後勝利的重要關鍵，當跑步來到終點線前 2 公尺時即準備最後衝刺，以最高速度及挺胸姿勢通過，讓我們一起來認識與練習。</p> <p>- Sprinting before the finish line is an important key to the final victory</p> <p>-Let us practice sprint.</p> <p>1.原地跨步壓線練習:</p> <p>(1)先於原地弓箭步，假想前方有鐘點拉線，用力向前跨步並壓肩，兩臂同時後擺。</p> <p>(2)上身前傾。以胸步向前壓線。</p> <p>-Lunge and step forward and press shoulders, swing both arms back at the same time.</p> <p>2.20 公尺衝刺→壓線跑</p> <p>(1)在距離終點前 20 公尺處劃線、設立起跑線。</p>	<p>2</p> <p>5</p> <p>5</p> <p>7</p> <p>7</p> <p>7</p> <p>7</p> <p>5</p>	<p>哨子</p> <p>跑道</p>	
--	---	---------------------	--

<p>(2)老師以吹哨代替鳴槍，學生文生後起跑，並做出加速跑。</p> <p>(3)在距離終點線前約 5 公尺時，身體準備前傾壓線，做出衝刺跑的以胸壓線動作。</p> <p>-Draw a line 20 meters before the finish line and starting line.</p> <p>-Show students the starting line and finish line.</p> <p>-Listen to the whistle and run.</p> <p>- About 5 meters before the finish line, your body is ready to lean forward Line, make a sprint run at the end.</p>	<p>20</p> <p>15</p>		
<p>3.跑壘賽:</p> <p>(1)將學童分組並在中間點前設立壘包。</p> <p>(2)老師吹哨後，學生聞聲後起跑，先踩過壘包者可為該組獲得一分</p> <p>-Let race.</p> <p>-Welldone !</p> <p>Now I will ask a well-done student to show us the actions we learned today!</p> <p>-Let's cool down your body. And take a deep breath. (breath in / out)</p> <p>-Attention! It's time for a break. See you next time. Goodbye~</p> <p>-----</p>			

-----  
第九、十節 蹲踞式起跑

一、引起動機

能以正確的跑步動作完成 100 公尺短跑賽。

-Attention! It's time for class.

-Warm up exercise.

二、活動

(一)等待:尚未輪到學生於預備線後排隊等待。

(二)各就位:聽聞「各就位」口令時，往前置起跑線，做蹲踞式起跑單膝對地各就位動作。

(三)預備:聽聞「預備」口令時，跪地膝蓋離地，手臂撐直，臀部提起略高於肩。視線保持在前方地面約 60 公分處。

(四)聽到哨音起跑，運用所學的擺臂、步幅、身體姿勢做出加速、全速及終點衝刺跑等跑步動作，完成 100 公尺短跑賽，爭取個人最佳成績。

-We are going to have 100-meter sprint race.

-On your marks

-Ready ! Get set !

-GO !

-Welldone !

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

-Let's cool down your body. And take a deep

breath. (breath in / out)

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

