

110 學年度第 1 學期體育課程雙語教學教案

<https://reurl.cc/Rj8EG6>

一、課程架構

單元名稱	學習目標	學習內容 (含教學單元和教學主題)	學科英語單字/句型
<p>Unit 1 Doing Exercises Happily to Keep Health 快樂運動，活出健康</p>	<ol style="list-style-type: none"> 1. 能學會基本運動步伐：向前跑、向後跑、抬腿跑、S 型跑、跨步跑、跑跳步、單腳跳、折返跑。 2. 能完成改變方向跑的動作。 3. 能完成折返跑及跳跨扭合動作。 4. 能在移動過程中作出方向的改變，以及單雙腳跳得連續運動。 5. 了解各種步伐的動作變化，建立跑跳的敏捷反應。 6. 能了解步伐在各球類中的運用。 7. 能結合步伐與甩繩。 8. 從活動中產生興趣，培養認真參與學習及愛好運動的習慣。 	<p>一、快樂走、跑、跳 Happily Walking, Running & Jumping</p> <p>二、袋鼠的跳躍 Kangaroo's Jumps</p> <p>三、呼拉王子與公主 Hula Prince/Princess</p> <p>四、快樂向前衝 Happily Running/Going Forward</p>	<p>Word Bank/Phrases: Here/Yes/Eyes on you./Center Span/One, two, three, four/neck/ front and back/shoulders 5 times/hips/left and right/jumping Jacks/ run, jump, skip, hop/gallop/shuttle runs</p> <p>Sentences: -Move your neck front and back -Rotate your shoulders 5 times -Shake your hips left and right. -jumping Jacks -run, jump, skip, hop, -Gallop -Do shuttle runs</p> <p>Express your mood. What's your favorite activity? How do like this activity? Do you enjoy your snacks?</p>
<p>Unit 2 The Master of the Rope Shadow 繩影高手</p>	<ol style="list-style-type: none"> 1 手能有規律甩繩、操作繩索，以完成伸展運動。 2 能作出各種腳步運動配合甩繩 3 能利用跳繩完成團隊活動 4 能做出跳繩的一跳一迴旋/兩跳一迴旋、及跑步跳。 5 能樂於參與跳繩遊戲。 6 能從遊戲中增進跳繩的技能。 7 能為達成團隊任務，培養默契各司其職。 8 能在回顧中用繩設計活動。 	<p>一、繩索操與遊戲 Exercises & Games with Ropes</p> <p>二、與繩共舞 Dance with Ropes</p> <p>三、與繩競賽 Racing with Ropes</p> <p>四、魔法繩 Magic Ropes</p>	<p>Word Bank/ Phrases -hold/spin/left, right, above my head/stretch/dance with ropes/ single bounce/the surfing games/the wave jumping/ the relay race/Move your neck/ front and back Rotate your/shoulders 5 times Shake your hips/left and right/. jumping Jacks</p> <p>Sentences: -hold your rope -spin your rope -left, right, above your head -stretch your body/arms/... -dance with ropes -single bounce -the surfing games</p>

			-the wave jumping -the the relay race What did you gain in class? What did you observe? What activity with jump rope can you design?
Unit 3 Exotic Folk Dance 異國風情 土風舞	1 能透過呼拉圈的體操遊戲認識舞蹈的肢體運動 2 認識土風舞基本動作 3 能從觀賞影片後，分享其中舞步。 4 能跟著拍子起舞。 5 能結合拍子跟著舞曲作出 2-3 個舞動。 6 能和組群共商舞步。 7 能和同學隨著舞曲，表演所共編的舞步。 8 能透過身體表現與小組合作方式，展現基本舞蹈運動能力。	一、跳呼拉圈遊戲 Hula Hooping Game 二、企鵝舞 Penguin' s Game 三、莎蒂希步 Schottische 四、團隊編舞 I Like to Dance	Word Bank: Eyes on me/Listen up/Attention /At ease/Eyes center / Eyes front/ Hands forward/ Hands down /Wings span/ Eyes on you Sentences: Q: How many laps do we run? A: We run for ____ laps. Let' s do the warm-up activities. Express your mood. What's your favorite activity? How do you like this activity? Do you enjoy your snacks?
Unit 4 My Best Friend, Ball. 與球相隨	1 能認識各球類的起源。 2 能嘗試課程球類的玩法。 3 能樂於參與打球。 4 能從遊戲中增進球類的技能。 5 能培養積極進取、團隊合作的精神。	一、乒乓球 Table tennis 二、樂樂棒 Tee ball 三、籃球 Basketball 四、羽毛球 badminton	Word Bank: pass/throw/catch/hit/dribble/hold the ball (basketball, tee ball, shuttlecock, ping-pong) -forehand/backhand grip Sentences: Express your mood. What's your favorite activity? How do like this activity? Do you enjoy your snacks?

二、單元設計 I

(一)單元架構

單元名稱	單元主題	單元活動
Unit 1 Doing Exercises Happily to Keep Health 快樂運動，	一、快樂動一動	1 st Period ---Happily Walking, Running &, Jumping 快樂走、跑、跳
		2 nd Period--- Keeping Your Body Move 身體動起來
	二、模仿與探險	3 rd Period---Kangaroo's Jumps

活出健康		袋鼠的跳躍
		4th Period--- Walking on My Campus 校園探險
	三、愛上呼拉圈與球	5 th Period---Hula prince/princess 扭腰擺臀 shaking your hips
		6th Period---Match Steps with Sports 各種球類的腳步移動技巧
	四、向著標竿前進	7th Period--- Happily Running/Going Forward 快樂向前衝
		8 th Period---Review All Happily 樂在回顧

(二) (每個單元)教學設計/教案

單元名稱	Unit 1 Doing Exercises Happily to Keep Health 快樂運動，活出健康	教學設計者	阮琦雅
學習對象	1 ~ 4 年級上學期	學習節次	8 節課(320 分鐘)
學習內容	Ga-I-1 走、跑、跳遊戲。 Ga-II-1 跑、跳與行進間的遊戲。		
學習表現	1c-I-1 認識身體活動的基本動作表現聯合性的基本運動能力。 1d-II-1 認識動作技能概念與動作練習策略。 2c-II-1 養成遵守常規，表現出積極、正向的態度。 2c-II-2 表現增進團隊合作、友善的互動行為。 3C-III-1 表現穩定的身體控制和協調能力。 3a-I-1 練習簡易的健康相關技能。 3a-II-2 能於生活中獨立操作基本的健康技能。 4a-I-2 養成健康的生活習慣。 4d-II-2 參與提高體適能與基本運動能力的身體活動。		
學習目標	1. 能學會基本運動步伐：向前跑、向後跑、抬腿跑、S 型跑、跨步跑、跑跳步、單腳跳、折返跑。 2. 能完成改變方向跑的動作。 3. 能完成折返跑及跳跨扭合動作。 4. 能在移動過程中作出方向的改變，以及單雙腳跳得連續運動。 5. 了解各種步伐的動作變化，建立跑跳的敏捷反應。		

	6. 能了解步伐在各球類中的運用。 7. 能結合步伐與甩繩。 8. 從活動中產生興趣，培養認真參與學習及愛好運動的習慣。		
教學方法	口頭提問、示範教學、實際演練、分組合作、學習單		
教學資源	平坦安全的場地、播放設備、及音樂。		
學科英語詞彙	1. counting 5. Hula Hoop 8. my favorite activities	2. Parts of body 6. Equipment for sports	3. Directions 7.the names of steps 4.activities
學科英語句型 (視教材內容)	-Move your neck front and back -Rotate your shoulders 5 times -Shake your hips left and right. -jumping Jacks -run, jump, skip, hop, Gallop -Do shuttle runs		
教學主題一：快樂動一動		教學資源	評量
活動一 Happily Walking, Running &, Jumping 快樂走、跑、跳 一、引起動機：(5’) T: What do you usually do in PE class? S:... T: How do you move your body? Please give an example. S:... 二、發展活動：(28’) TPR:walk, run, jump, skip, hop T: Go up/down the stairs. S: Go up/down. T: Skip from here to there. S: Skip. T: Jump from this side to that side. S: Jump. T: Hop as far as you can. S: Hop. T: Split into two groups. Please turn the pyramid cone upside down, group A ; and the members in group B do the opposite thing. Discuss and work out your strategy. Ready?		Pyramid cone Hula hoops	understanding instructions and complete activity levels

<p>S:Ready.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Did you feel your heart beats fast what you do exercises? 3. How do you like doing exercises? Is it fun? 4. What event do you want to share most? <p>～～第1節結束～～</p>		
<p>活動二 Keeping Your Body Move 身體動起來</p> <p>一、引起動機：(5')</p> <p>T: Let's do exercises to warm up first. Follow me.</p> <p>Move your neck.</p> <p>S: Neck.</p> <ol style="list-style-type: none"> 1 Move your neck. <front and back> <One, two, three>X4 2 Rotate your shoulders. <front 5 times> <back 5 times> 3 Move your hips. <left & right> <One, two, three>X4 4 Jumping Jacks. <One, two, three>X4 <p>二、發展活動：(28')</p> <ol style="list-style-type: none"> 1 T: Run back around the hula hoops and then get forward and continue the same act. S: Run back/forward. 2 T: Move forward with a jumping jack passing each hula hoop. S: Jumping jack. 3 T: Pass each hula hoop by doing bunny jump. S: Jump. 4 T: Do high knees to pass each hula hoop. S: High knees. 5 T: Hop into each hula hoop with one foot. S: Hop. <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Did you feel your heart beats fast what you do exercises? 3. How do you like doing exercises? Is it fun? 4. What event do you want to share most? <p>～～第2節結束～～</p>	<p>Hula hoops</p>	<p>Follow the password to warm up and repeat</p>

教學主題二：模仿與探險	教學資源	評量
<p>活動一</p> <p>一、引起動機：(5’)</p> <p>T: Tell me how a kangaroo jumps?</p> <p>S: ...</p> <p>T: Let’s jump like a kangaroo from here to there.</p> <p>S: Jump, jump, jump.</p> <p>二、發展活動：(28’)</p> <p>T: Tuck in the flax bag and jump like a kangaroo.</p> <p>S: No problem.</p> <p>T: Split into two teams. Line up and face to face.</p> <p>When you two teams meet together on the way to jump to the destination, play the finger-guessing game. The winner goes forward, and the loser goes outside.</p> <p>S: Jump, jump, jump./paper, scissors, stone.</p> <p>三、綜合活動：(7’)</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Did you feel your heart beats fast what you do exercises? 3. How do you like to be a kangaroo? Is it fun? 4. What event do you want to share most? <p>～～第1節結束～～</p>	Hula hoops	<p>Keeping jumping and keeping balance forward at the same time</p>
<p>活動二</p> <p>一、引起動機：(5’)</p> <p>T: How do you move your steps when you play badminton?</p> <p>S:...</p> <p>二、發展活動：(28’)</p> <p>T: Yes. You need to run backward and forward.</p> <p>So, let’s play running games before we learn how to play basketball this semester.</p> <p>First, run backward and forward along the row of the hula hoops on the ground.</p> <p>S: Run back/forward.</p> <p>T: How do you move your steps when you play basketball?</p> <p>S: ...</p>	Hula hoops	<p>Changes in direction can be made during movement.</p>

<p>T: Yes. So, let's do jumping jacks through playing Kangaroo's jumps and jumping rubber rope.</p> <p>S: Jumping jacks/ Kangaroo's jumps/ jump rope</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Did you feel your heart beats fast what you do exercises? 3. Show us the way your feet move when you play badminton/basketball? Is it fun? 4. What event do you want to share most? <p>～～第 2 節結束～～</p>		
<p>教學主題三：愛上呼拉圈與球</p>	<p>教學 資源</p>	<p>評量</p>
<p>活動一</p> <p>一、引起動機：(5'')</p> <p>T: Show me how you move your hips.</p> <p>S:...</p> <p>T: how will you move your waist if you want to keep the Hula hoop cycling on your waist?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <ol style="list-style-type: none"> 1. Shake your hips <ul style="list-style-type: none"> T: Make a circle by rotating/move your hips. S: Move my hips. T: Try to keep the Hula hoop cycling on your waist. S:... 2. Make that squish push on Hula hoops. <ul style="list-style-type: none"> T: Do pushups along Hula hoops. S: Pushups. <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Do you know how to move your hips? 3. Is it easy for you to keep the Hula hoop cycling on your waist? 4. What event do you want to share? <p>～～第 1 節結束～～</p>	<p>Hula hoops</p>	<p>doing change of foot movement smoothly</p>

活動二

一、引起動機：(8")

T: Follow your class leader and do exercises together.

(CL): Rotate your neck

Ss: Neck.

(CL): Front and back (x2)

(CL): 1, 2, 3

Ss: 1

(CL): 1, 2, 3

Ss: 2

(CL): 1, 2, 3

Ss: 3

(CL): 1, 2, 3

Ss: 4

(CL): Rotate your shoulders.

Ss: Shoulders

(CL): 5 times front

Ss: 1, 2, 3, 4, 5

(CL): 5 times back

Ss: 1, 2, 3, 4, 5

(CL): Rotate your hips.

Ss: hips

(CL): left and right

Ss: left and right

(CL): 1, 2, 3

Ss: 1

(CL): 1, 2, 3

Ss: 2

(CL): 1, 2, 3

Ss: 3

(CL): 1, 2, 3

Ss: 4

(CL): Jumping Jacks

Ss: Jumping Jacks

Hula hoops
Balls:
basketballs,
volleyballs,
shuttlecocks
, ping-pong,
tee balls

(CL): 1, 2, 3

Ss: 1

(CL): 1, 2, 3

Ss: 2

(CL): 1, 2, 3

Ss: 3

(CL): 1, 2, 3

Ss: 4

T: Line up. And run a lap.

Do you need some water?

Ss: Yes.

T: Get your bottle, and drink some water.

二、發展活動：(25')

T: We are going to play a guessing game.

You need to observe and think about
what steps your classmates adopt
while your classmates play

S: ...(What kind of guessing game?)

T: Take a look and guess what equipment goes with the sport.

For example, choose one kind of sport and
get the proper ball to play.

The others have to guess what sports the kid will play.

I need one to demonstrate.

S: I got one ball.

S1: It's...

T: Besides, please describe what kind of steps

he/she applies to the sports.

S:(performing)

Ss: (guessing)

三、綜合活動：(7')

1. Express your mood.
2. Do you know how to use the equipment you got in class?
3. What do you think the equipment helps you move your body?
4. What event do you want to share?

~~第2節結束~~

completing
the back run
and
understand the
names of
sports
equipment

教學主題四： 向著標竿前進	教學資源	評量
<p>活動一</p> <p>一、引起動機：(8'')</p> <p>T: Follow your class leader and do exercises together. (As they did before.) (CL): ... Ss:...</p> <p>二、發展活動：(25')</p> <p>T: Let's try to design your favorite way to apply what you learn. For example, you can skip from here to there by yourself. You can clap hands with your friend to gallop from here to there.</p> <p>Ss: Can we...</p> <p>T: Don't worry. You can design any activities to apply your steps to show how smoothly you use them.</p> <p>Ss: Can we review all steps first?</p> <p>T: Please repeat after me and do the steps you recite. skip /pushupsjump, and clap forward</p> <p>Ss: skip /pushups/jump, and clap forward</p> <p>T: jump/hop/skip/run forward & backward</p> <p>Ss: skip /push up/jump, and clap forward</p> <p>T:...</p> <p>S:...</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you moved your body in class? 3. How do you feel your heart beats in class? 4. What event do you want to share? <p>～～第 1 節結束～～</p>	Hula hoops	How foot movements go with the ropes swinging
<p>活動二</p> <p>一、引起動機：(8'')</p> <p>T: Let's do exercises to warm up first. Follow me. Move your neck.</p> <p>S: Neck.</p> <p>1 Move your neck. <front and back> <One, two, three>X4</p>	Hula hoops Jump ropes	

<p>2 Rotate your shoulders. <front 5 times> <back 5 times></p> <p>3 Move your hips. <left & right> <One, two, three>X4</p> <p>4 Jumping Jacks. <One, two, three>X4</p> <p>二、發展活動：(25’)</p> <p>T: Show me the ways you apply your rope to do exercises.</p> <p>Ss: ...</p> <p>T: You are fantastic. Let’s be Rope-Game Designers.</p> <p>Ss: How can we be them?</p> <p>T: Show your favorite ways to do jump rope.</p> <p>Ss: single/double bounce?</p> <p>T: Yes. And list all you can share. Finally, show yours.</p> <p>Ss: ...</p> <p>T: Are you excited to show yours now?</p> <p>Ss:....</p> <p>T: You can show how you jump one by one, or you can jump rope by doing a relay race, or...</p> <p>Ss: We are ready.</p> <p>T: Let’s start to show yours.</p> <p>T: Each one did wonderfully.</p> <p>Don’t forget to practice jumping rope in your daily life.</p> <p>Ss: Sure./OK.</p> <p>三、綜合活動：(7’)</p> <p>1. Express your mood.</p> <p>2. What’s fun you got in class?</p> <p>3. How do you like developing your own activities?</p> <p>4. What event do you want to share?</p> <p style="text-align: center;">~~第 2 節結束~~</p>		<p>participating in learning</p>
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單元設計 II

(一)單元架構

單元名稱	單元主題	單元活動
Unit 2 The Master of the Rope Shadow	Exercises & Games with Ropes	1 st Exercises & Games with Ropes 繩索操與遊戲
		2 nd Spin Your Rope with Various Footsteps

繩影高手	繩索操與遊戲	手足全武行
	Dance with Ropes 與繩共舞	3 rd Merry-go-round Jumping 旋轉木馬跳躍
		4 th single/double bounce 一跳一迴旋；兩跳一迴旋
	Racing with Ropes 與繩競賽	5 th challenging the wave 挑戰浪潮
		6 th Jumping- Wave Challenge 浪跳
	Magic Ropes 魔法繩	7 th Relay Race 跳繩跑步接力
		8 th (I-II-III) I. Rope-Game Designers 跳繩遊戲設計家 II. Rope-Game Designers 跳繩遊戲設計家 III. Rope-Game Designers 跳繩遊戲設計家

(二) (每個單元)教學設計/教案

單元名稱	單槓行家	教學設計者	阮琦雅
學習對象	1 ~ 4 年級上學期	學習節次	6 節課(240分鐘)
學習內容	Bc- I -1 各項暖身伸展動作。 Bc- II -1 暖身、伸展動作原則。 Cb- I -2 班級體育活動。 Cb- II -1 運動安全規則、運動增進生長知識。 lc- I -1 民俗運動基本動作與遊戲。 lc- II -1 民俗運動基本動作與串接。		
學習表現	1c- II -1 認識身體活動的動作技能。 1d- I -1 描述動作技能基本常識。 2d- I -1 專注觀賞他人的動作表現。 2d- II -1 描述參與身體活動的感覺。 1d- II -1 認識動作技能概念與動作練習的策略。 2c- II -1 遵守上課規範和運動比賽規則。 2c- II -3 表現主動參與、樂於嘗試的學習態度。 3c- II -1 表現聯合性動作技能。 3d- II -1 運用動作技能的練習策略。		
學習目標	1 手能有規律甩繩、操作繩索，以完成伸展運動。 2 能作出各種腳步運動配合甩繩		

	<p>3 能利用跳繩完成團隊活動</p> <p>4 能做出跳繩的一跳一迴旋/兩跳一迴旋、及跑步跳。</p> <p>5 能樂於參與跳繩遊戲。</p> <p>6 能從遊戲中增進跳繩的技能。</p> <p>7 能為達成團隊任務，培養默契各司其職。</p> <p>8 能在回顧中用繩設計活動。</p>		
教學方法	口頭提問、示範教學、實際演練、分組合作、學習單		
教學資源	Jump ropes, snacks		
學科英語詞彙	span/one, two, three, four/Thank you, teacher./neck: front and back/shoulders5 times/ hips: left and right/jumping Jacks/hold/spin/left, right, above my head/stretch/dance with ropes/ single bounce/the surfing games/the wave jumping/the the relay race		
學科英語句型 (視教材內容)	<p>What did you gain in class?</p> <p>What did you observe?</p> <p>What activity with jump rope can you design?</p>		
教學主題一：繩索操與遊戲		教學資源	評量
<p>活動一 Exercises & Games with Ropes 繩索操與遊戲</p> <p>一、引起動機：(5")</p> <p>T: Whip/Spin/Swing with your jump rope like this.</p> <p>S: ...</p> <p>二、發展活動：(28')</p> <p>Control your rope and use it to do exercises</p> <p>1-1. Hold the rope and move it.</p> <p>1-2. Fold your rubber band rope twice.</p> <p>1-3. And hold one end in the left and and the other in the right hand.</p> <p>1-4. And then start to stretch your legs and arms, and bend your body forward and backward with the help of your rope.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's fun you got from your jump rope in class?</p> <p>3. How do you like jumping rope?</p> <p>4. What event do you want to share?</p> <p style="text-align: center;">~~第1節結束~~</p>		jump rope	<p>Performance Evaluation in PE.</p> <p>Oral evaluation in English</p>
<p>活動二 Spin Your Rope with Various Footsteps 手足全武行</p> <p>一、引起動機：(5")</p>			

<p>T: Who can show the way to jump rope?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>1. Spin the rope</p> <p>2-1. Spin your rope on the left.</p> <p>2-2. Spin your rope on the right.</p> <p>2-3. Spin the rope above your head.</p> <p>2-4 Spin the rope under your feet.</p> <p>2. the footsteps</p> <p>2-5 Move left. 1, 2, 3, 4.</p> <p>Move right. 1, 2, 3, 4.</p> <p>Skip/Gallop forward. 1, 2, 3, 4.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's fun you got from your jump rope in class?</p> <p>3. How do you like jumping rope?</p> <p>4. What event do you want to share?</p> <p style="text-align: center;">~~第2節結束~~</p>	jump rope	Performance Evaluation in PE. Oral evaluation in English
<p>教學主題二：與繩共舞</p>	<p>教學 資源</p>	<p>評量</p>
<p>活動一 Merry-go-round Jumping 旋轉木馬跳躍</p> <p>一、引起動機：(5")</p> <p>T: Let's review the ways you move your legs.</p> <p>S: run/skip/jump/gallop/---</p> <p>T: Show the ways you move.</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>T: Let's learn how to play the game "Merry-go-round jumping"</p> <p>Step 1: One kid spins the rope in the center of the circle, which is surrounded by the others.</p> <p>Step 2: The others surrounds the circle jump while the rope is passing under one's feet.</p> <p>Every one takes turns to spin the rope.</p> <p>S: spin. (practicing one by one)</p> <p>T: Practice how to jump over the rope passing by.</p>	jump rope	Performance Evaluation in PE. Oral evaluation in English

<p>S: Jump.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like the game "Merry-go-round jumping"? 4. What event do you want to share? <p style="text-align: center;">~~第1節結束~~</p>		
<p>活動二 single/double bounce 一跳一迴旋；兩跳一迴旋</p> <p>一、引起動機：(5")</p> <p>T: What can you do with a rope?</p> <p>S: ...</p> <p>T: Here's a rope. Tell me what I do with a rope.</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>T: Let's learn Single/double bounce.</p> <p>Let me show you the way to do single bounce.</p> <p>Step 1: Each stands getting one rope.</p> <p style="padding-left: 40px;">Holds one end with one hand and the other with the other hand.</p> <p style="padding-left: 40px;">Keep the rope behind where each stands.</p> <p>Step 2: Swing the rope forward over your head and jump once/twice</p> <p style="padding-left: 40px;">while the rope is passing your feet.</p> <p>Step 3: While you are jumping the rope,</p> <p style="padding-left: 40px;">keep your toes touching the ground only.</p> <p>Let's practice now</p> <p>S: Single/double bounce.</p> <p>T: Any questions? If you don't, jump rope by yourself---single/double bounce.</p> <p>S: Single/double bounce.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like single/double bounce? 4. What event do you want to share? <p style="text-align: center;">~~第2節結束~~</p>	jump rope	Performance Evaluation in PE. Oral evaluation in English

教學主題三：與繩競賽	教學資源	評量
<p>活動一 challenging the wave 挑戰浪潮</p> <p>一、引起動機：(5')</p> <p>T: How do you feel during doing contests with the others?</p> <p>S: I feel excited/nervous/fun/...</p> <p>T: Let's try some contests and share your feeling.</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>T: We are going to do a relay race.</p> <p>Step 1: Line up. Get your rope, each one.</p> <p>Step 2: Do single/double bounce around the cone in the middle of the basketball court one by turns.</p> <p>Let's do it again.</p> <p>Ss: I'm the first/second/...</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like doing a relay race? 4. What event do you want to share? <p style="text-align: center;">~~第1節結束~~</p>		<p>Performance Evaluation in PE.</p> <p>Oral evaluation in English</p>
<p>活動二 Jumping- Wave Challenge 浪跳</p> <p>一、引起動機：(5')</p> <p>T: I need two kids to swing the rope.</p> <p>Ss: Me.</p> <p>T: Are you ready?</p> <p>Ss: ready</p> <p>T: Swing the rope.</p> <p>二、發展活動：(28')</p> <p>T: Let's play the game "Surf the Wave."</p> <p>Ss: How?</p> <p>T: Keep swing the rope, two kids.</p> <p>Jump over the rope by turns, the others.</p> <p>Ss: swing/jump</p> <p>T: Swing slowly. Jump quickly while the rope is in front of your feet.</p>		<p>Performance Evaluation in PE.</p> <p>Oral evaluation in English</p>

<p>Ss: swing slowly /jump quickly</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like playing the game "Surf the Wave?" 4. What event do you want to share? <p>~~第2節結束~~</p>		
<p>教學主題四：魔法繩</p>	<p>教學資源</p>	<p>評量</p>
<p>活動一 Relay Race 跳繩跑步接力</p> <p>一、引起動機：(5")</p> <p>T: Let's brainstorm.</p> <p>What ways of jump rope do you like?</p> <p>Ss:....(discussing)</p> <p>S1: Do you like...?</p> <p>S2~: Yes, I do./ No, I don't.</p> <p>二、發展活動：(28')</p> <p>T: It's time for us to share your team's favorite from jump rope.</p> <p>Ss:-----</p> <p>T: List all you share. And then show us.</p> <p>Ss:-----</p> <p>T: Now choose the music you like and dance concerning the list.</p> <p>Ss: ---</p> <p>T: If you need time to discuss more and adjust your list to represent your dance,</p> <p>That's OK. Go ahead. You have 5 minutes to prepare for that.</p> <p>Ss: We need more time.</p> <p>T: Two more minutes.</p> <p>Time's up. It's showtime.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like desinging your dance?" 4. What event do you want to share? <p>~~第1節結束~~</p>	<p>jump ropes</p>	<p>Performance Evaluation in PE.</p> <p>Oral evaluation in English</p>

<p>活動二 Rope-Game Designers 跳繩遊戲設計家</p> <p>一、引起動機：(5')</p> <p>T: Let's brainstorm.</p> <p>What games of jump rope can we play?</p> <p>Ss:....(discussing)</p> <p>T: Show us your games by turns.</p> <p>Ss:...</p> <p>T: How do you like this?</p> <p>Ss: I like it.</p> <p>Ss: Yes. I agree./ No. I don't think so./ No. I disagree.</p> <p>Ss: Let's brainstorm again.</p> <p>Ss: Let me perform this one.</p> <p>Ss: You go first./ I'll be the next./...</p> <p>二、發展活動：(28')</p> <p>T: Do you like to be Rope-Game Designers?</p> <p>Ss: ---</p> <p>T: Show yours. Perform what you create.</p> <p>Ss:---</p> <p>T: Is it hard for you to perform? Let's do it step by step.</p> <p>Step 1: Discuss which you want to perform.</p> <p>Ss:---</p> <p>Step 2: Arrange which you want to perform.</p> <p>Ss:----</p> <p>Step 3: Try to be Rope-Game Designers.</p> <p>Ss:---</p> <p>Step 4: Recite the list.</p> <p>Ss:----</p> <p>Step 5: Show by turns.</p> <p>Ss:---</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's fun you got from your jump rope in class? 3. How do you like the games of jump rope you design? 4. What event do you want to share? <p style="text-align: center;">~~第2節結束~~</p>		<p>Performance Evaluation in PE. Oral evaluation in English</p>
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單元設計 III

(一)單元架構

單元名稱	單元主題	單元活動
Unit 3 Exotic Folk Dance 異國風情土風舞	一、我有好美姿	1 st Period---Hula Hooping Game 跳呼拉圈遊戲
		2 nd Period---Basic Dance Steps 基礎舞步
	二、趣味舞動	3 rd Period---Penguin's Game 企鵝舞
		4 th Period---Folk Dance Introduction 各國土風舞簡介
	三、步步起舞	5 th Period---Schottische 莎蒂希步
		6 th Period---Circle Schottische 圓環莎蒂希
	四、歌舞歡慶	7 th Period---I like to Dance 團隊編舞
		8 th Period---Celebration 歡慶展舞

(二) (每個單元)教學設計/教案

單元名稱	單槓行家	教學設計者	阮琦雅
學習對象	1 ~ 4 年級上學期	學習節次	8 節課(3 2 0 分鐘)
學習內容	Ib-II-1 音樂律動與模仿性創作舞蹈。 Ib-II-2 土風舞遊戲。		
學習表現	1d-II-1 認識動作技能概念與動作練習的策略。 2c-II-1 遵守上課規範和運動比賽規則。 3c-II-2 透過身體活動，探索運動潛能與表現正確的身體活動。 4c-II-2 了解個人體適能與基本運動能力表現。		
學習目標	1 能透過呼拉圈的體操遊戲認識舞蹈的肢體運動 2 認識土風舞基本動作 3 能從觀賞影片後，分享其中舞步。 4 能跟著拍子起舞。 5 能結合拍子跟著舞曲作出 2-3 個舞動。 6 能和組群共商舞步。 7 能和同學隨著舞曲，表演所共編的舞步。 8 能透過身體表現與小組合作方式，展現基本舞蹈運動能力。		
教學方法	口頭提問、示範教學、實際演練、分組合作、學習單		
教學資源	projector, computer, internet		
學科英語詞	1 the parts of the body: leg/arm/fingers/feet/waist/head/neck		

彙	<p>2 the various poses for dancing steps: gallop/skip/jump/run/hop</p> <p>3 sharing from the film what you know about the poses for dancing steps</p> <p>4 Dance with the beats/tempo: one, two, three, four</p> <p>5 Dance and call out the names of the dancing pose</p> <p>6 Discuss dancing pose with your group</p> <p>7 Words used during the performance</p> <p>8 How to praise the dancers performing well</p>		
學科英語句型 (視教材內容)	<p>1. What's your favorite activity?</p> <p>2. How do you like this activity?</p> <p>3. Do you enjoy your snacks?</p>		
教學主題一：我有好美姿		教學資源	評量
<p>活動一 Hula Hooping Game 跳呼拉圈遊戲</p> <p>一、引起動機：(5')</p> <p>-Do you like to dance?</p> <p>-Can you dance for us?</p> <p>-When do you dance?</p> <p>二、發展活動：(28')</p> <p>1. Limb coordination</p> <p>1-1. Keep the hula hoop up with your two knees. And then go forward to the target and then come back.</p> <p>1-2. Keep the hula hoop up to the waist of two persons. And then go forward to the target and then come back.</p> <p>1-3. Roll the hula hoop between two kids and have kids throw balls through the hula hoop.</p> <p>2. Move your body from the hula hoop</p> <p>2-1. Make a circle with hand in hand.</p> <p>2-2. Move the hula hoop from the first kid to the last one without breaking the circle.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p> <p>3. How do like dancing?</p> <p>4. What steps do you want to share?</p> <p style="text-align: center;">~~第1節結束~~</p>		Hula Hoops	cooperation flexibility

<p>活動二 Basic Dance Steps 基礎舞步</p> <p>一、引起動機：(5')</p> <p>-practicing four beats by sound from the mouth</p> <p>T: How do you like the sound/beats?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>Demo the following steps in different ways</p> <p>*Play the film for watching</p> <p>https://www.youtube.com/watch?v=UWawJcxYY6I</p> <p>1. gallop: Move one foot first and then the other.</p> <p>And then play the film:</p> <p>https://www.youtube.com/watch?v=RpOtBwgoHsU</p> <p>< How to do a gallop ></p> <p>2. skip: Make one foot go forward one step and then hop and keep the other foot up.</p> <p>And switch and do the same.</p> <p>*skip 跑跳步 (參考資訊: https://youtu.be/KOUCuV_bX6M)</p> <p>3. jump: Keep your both feet up and down at the same time.</p> <p>4. run: Move fast with your feet.</p> <p>5. hop: Keep your one knee up high and keep switching forward.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p> <p>3. How do like dancing?</p> <p>4. What steps do you want to share?</p> <p style="text-align: center;">~~第2節結束~~</p>		<p>coordination ability</p>
<p>教學主題二: 趣味舞動</p>	<p>教學 資源</p>	<p>評量</p>
<p>活動一 Penguin's Game 企鵝舞</p> <p>一、引起動機：(5')</p> <p>-showing the dancing steps you like most</p> <p>T: Which step do you feel beautiful?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>Learn the dance "Penguin."</p>		

<p>1. Show the way of penguin's walking</p> <p>2. Play the song < https://www.youtube.com/watch?v=xCGewr1z7MA Penguin's Game (lyrics)-Gelato></p> <p>3. Show the various ways of penguin's moving</p> <p>4. Play the film for watching < https://www.youtube.com/watch?v=5pxmhwOjSss203 Penguin's game></p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p> <p>3. How do like dancing?</p> <p>4. What steps do you want to share?</p> <p>～～第1節結束～～</p>		the poses of the dancing steps
<p>活動二 Folk Dance Introduction 各國土風舞簡介</p> <p>一、引起動機：(5")</p> <p>T: Have you ever seen the Americans/Japanese/...dancing? What kind of dance do you like most? S:...</p> <p>二、發展活動：(28')</p> <p>Introduce the culture from different countries' folk dances.</p> <p>1. Explain the history about folk dances</p> <p>2. Introduce 3 or 4 folk dances</p> <p>3. Watch the films about folk dances.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p> <p>3. How do like dancing?</p> <p>4. What steps do you want to share?</p> <p>～～第2節結束～～</p>		The attitude during interactions
<p>教學主題三： 步步起舞</p>	教學資源	評量
<p>活動一 Schottische 莎蒂希步</p> <p>一、引起動機：(5")</p> <p>T: Do you like daning?</p>		

<p>Ss:...</p> <p>T: Is it difficult or easy for you?</p> <p>Ss:...</p> <p>T: How about watching some dances online?</p> <p>Ss:...</p> <p>二、發展活動：(28')</p> <p>Teach Schottische</p> <p>1. Watch the film first</p> <p><https://www.youtube.com/watch?v=EI765epZyCM</p> <p>34 莎蒂士步 Schottische></p> <p><https://www.youtube.com/watch?v=WhBokoFRiyw</p> <p>commonREEL: How to Schottische! 莎蒂希步></p> <p>2. teach step by step</p> <p>3. Follow the steps gradually.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p> <p>3. How do like dancing?</p> <p>4. Show the steps do you want to share?</p> <p style="text-align: center;">~~第1節結束~~</p>		<p>The poses of the dancing steps</p>
<p>活動二 Circle Schottische 圓環莎蒂希</p> <p>一、引起動機：(5")</p> <p>T: Tell me what circles are.</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>Teach Circle Schottische</p> <p>1. Watch the film first</p> <p>Learn the Schottische---Circle Schottische</p> <p><1. https://www.youtube.com/watch?v=WhBokoFRiyw></p> <p><2. https://www.youtube.com/watch?v=FbEFLSQ7Gtw></p> <p>2. Learn step by step</p> <p>3. Follow the steps gradually.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned the dance in class?</p>		<p>The poses of the dancing steps</p>

<p>3. How do like dancing?</p> <p>4. What's different between Circle Schottische and Schottische ?</p> <p style="text-align: center;">~~第2節結束~~</p>		
<p>教學主題四： 歌舞歡慶</p>	<p>教學 資源</p>	<p>評量</p>
<p>活動一 I like to Dance 團隊編舞</p> <p>一、引起動機：(5')</p> <p>T: Who wants to design a dance?</p> <p>What challenge will you face to design a dance?</p> <p>S: ...</p> <p>二、發展活動：(28')</p> <p>make your own dance</p> <ol style="list-style-type: none"> 1. the poses of the dancing steps 2. dance with music <p>< https://www.youtube.com/watch?v=uf0uKwKwnKs 企鵝舞動腦筋></p> <p>< https://www.youtube.com/watch?v=nomDuLFpKTE 兔子舞 彩禾韻律隊新春團拜舞曲></p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's important you just learned the dance in class? 3. How do like to design your own dance? 4. What's different between yours and the others ? <p style="text-align: center;">~~第1節結束~~</p>		<p>participating</p>
<p>活動二 Celebration 歡慶展舞</p> <p>一、引起動機：(5')</p> <p>T: Listen to the music. How do you feel?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>Arrange the groups to perform their own dance in front of the audience</p> <ol style="list-style-type: none"> 1. Call out the group to perform in order. <p>T: Before performing your dance, you have to introduce your dance Steps.</p> <p>Ss: (gallop, skip, jump, run, jump, hop,...)</p> <ol style="list-style-type: none"> 2. Control the schedule. 		<p>The design & poses of the dancing steps</p>

<p>T: Each team has 3-5 minutes to perform on stage.</p> <p>I'll press the bell at the third minute and the second on the fifth. On the fifth, the team on the stage has to stop performing.</p> <p>Ss: Okay.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. Which dance do you like most? Why? 3. How do like to design your own dance? 4. What's different between your design and the others? <p style="text-align: center; color: red;">~~第2節結束~~</p>		
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單元設計 IV

(一)單元架構

單元名稱	單元主題	單元活動
Unit 4 My Best Friend, Ball. 與球相隨	一、table tennis	1 st Period---Table Tennis (1)
		2 nd Period---Table Tennis (2)
	二、tee ball	3 rd Period---Tee Ball (1)
		4 th Period---Tee Ball (2)
	三、basketball	5 th Period---Basketball (1)
		6 th Period---Basketball (2)
	四、badminton	7 th Period---Badminton (1)
		8 th Period---Badminton (2)

(二) (每個單元)教學設計/教案

單元名稱	球技無窮	教學設計者	阮琦雅
學習對象	1 ~ 4 年級上學期	學習節次	8 節課(320 分鐘)
學習內容	Bc-II-1 暖身、伸展動作原則。 Cb-II-1 運動安全規則、運動增進生長知識。 Ha- I -1 網/牆性球類運動相關的簡易拋、接、控、持拍及拍、擲、傳、滾之手眼動作協調、力量及準確性控球動作。 Hb- I -1 陣地攻守性球類運動相關的簡易拍、拋、接、擲、傳、滾及踢、控、停之手眼、手腳動作協調、力量及準確性控球動作。		
學習表現	1c- II -1 認識身體活動的動作技能。 2c- II -1 遵守上課規範和運動比賽規則。 3c- II -1 表現聯合性動作技能。		

學習目標	C-1 能認識各球類的起源。 C-2 能嘗試課程球類的玩法。 C-3 能樂於參與打球。 C-4 能從遊戲中增進球類的技能。 C-5 能培養積極進取、團隊合作的精神。		
教學方法	口頭提問、示範教學、實際演練、分組合作、學習單		
教學資源	ping-pong, tee balls, basketballs, shuttlecocks, bats, rackets, nets		
學科英語詞彙	pass/throw/catch/hit/dribble/hold ; the ball (basketball, tee ball, shuttlecock, ping-pong) ; forehand/backhand grip		
學科英語句型 (視教材內容)	Pass/Throw the ball to me. Catch the ball. Hold a racket./Play ping-pong./ Pass a ping-pong./ Feel how it moves./ Walk with it. Bounce a ping-pong./Touch it with a racket./Keep practicing. Line up./Pass your tee ball to the next./ Enlarge the distance/back one elbow Hold my bat./ Swing my bat./ twist my waist./ Hit the ball./ Throw away the bat./ Run to the first base.		
教學主題一: Table Tennis		教學資源	評量
活動一 一、引起動機：(5') T: Listen to a story. How do you like the story? Why? S: ... 二、發展活動：(28') Learn the basic skills 2-1 Pass your ping-pong. 2-2 Play ping-pong with your paddle. (1) Hold a paddle like this. (2) Toss ping-pong. (3) Pass a ping-pong. (4) Feel how it moves. Feel the way your ping-pong moves. (5) Move it while walking Keep your ping-pong on your paddle while you are walking along a line. 三、綜合活動：(7') 1. Express your mood.		ping-pong paddles net snack	Oral evaluation cognizing evaluation

<p>2. What's important you just learned in class?</p> <p>3. How do like this activity?</p> <p>4. Do you enjoy your snacks?</p> <p style="text-align: center;">~~第1節結束~~</p>		
<p>活動二</p> <p>一、引起動機：(5')</p> <p>T: Who can show the way to move the ping-pong?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>Practicing</p> <p>1 by your own</p> <p>1-1 Bounce your ping-pong on the floor once and touch it with your cognizing evaluation while it is bouncing up.</p> <p>1-2 Practice it again and again.</p> <p>2 with your partner</p> <p>2-1 Move the ping-pong with your paddle and bounce it on your own side of table and then the other.</p> <p>2-2 Keep hitting and catching.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's important you just learned in class?</p> <p>3. How do like this activity?</p> <p>4. Do you enjoy your snacks?</p> <p style="text-align: center;">~~第2節結束~~</p>		<p>Performance Evaluation</p> <p>participating teamwork</p>
<p>教學主題二: Tee Ball</p>	<p>教學資源</p>	<p>評量</p>
<p>活動一</p> <p>一、引起動機：(5')</p> <p>T: Listen to a story.</p> <p>How do you like the story? Why?</p> <p>S: ...</p> <p>二、發展活動：(28')</p> <p>Learn the basic skills</p> <p>1 Pass the tee ball to the next one.</p> <p>2 two in a group :</p>		<p>Oral evaluation</p>

<p>Every time you pass and receive the ball, the distance between each other is lengthened by one elbow.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's important you just learned in class? 3. How do like this activity? 4. Do you enjoy your snacks? <p>～～第 1 節結束～～</p>		<p>cognizing evaluation</p>
<p>活動二</p> <p>一、引起動機：(5")</p> <p>T: Who can share how to swing the tee ball?</p> <p>S:...</p> <p>二、發展活動：(28')</p> <p>practice and play</p> <p>1 practice by your own</p> <p>1-1 Hold the bat</p> <ul style="list-style-type: none"> - hold the bat at the end - for the right handed : keep right hand above the left -for the left handed: keep left hand above the right <p>1-2 Hit the tee ball on the tee pole</p> <ul style="list-style-type: none"> -Keep the tee ball on the tee pole -Hold the bat and twist your waist. -Swing the tee ball on the tee pole -Throw away your bat and run to the first base. <p>2 play with your team</p> <p>2-1 One is the catcher, and the others are the hitter.</p> <p>2-2 The catcher tries to catch the ball.</p> <p>The hitter tries to hit the ball as far as he can.</p> <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's important you just learned in class? 3. How do like this activity? 4. Do you enjoy your snacks? <p>～～第 2 節結束～～</p>	<p>Bats tee pole tee ball base</p>	<p>Performance Evaluation participating teamwork</p>

教學主題三: Basketball	教學資源	評量
<p>活動一</p> <p>一、引起動機：(5")</p> <p>T: Listen to a story.</p> <p>How do you like the story? Why?</p> <p>S: ...</p> <p>二、發展活動：(28')</p> <p>games for fun</p> <p>1 Move the basketball.</p> <ul style="list-style-type: none"> - two in a group - Two carry the basketball with back to back. - Move the basketball to the hula hoop on the other side and come back. - The fastest team will win the game. <p>2 Throw the basketball.</p> <ul style="list-style-type: none"> - Each one holds a basketball and throw it in the hula hoop. - The hula hoop will be moved farther and farther. - The one who never misses wins the game. <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's important you just learned in class? 3. How do like this activity? 4. Do you enjoy your snacks? <p style="text-align: center;">~~第1節結束~~</p>	basketballs	<p>Oral evaluation</p> <p>cognizing evaluation</p>
<p>活動二</p> <p>一、引起動機：(5")</p> <p>-moving your basketball back to back along the line on the ground until you reach the cone 2 meters far.</p> <p>T: How do you feel?</p> <p>S: ...</p>		

<p>二、發展活動：(28')</p> <p>practice and play</p> <p>1 Dribble the basketball</p> <p>(1) Count the times you can dribble continuously without missing. T: Count the times. Ss: one, two, ...</p> <p>(2) Each kid dribbles five times and pass it to the next one who will be the next one until every fulfills this mission. T: Count and pass. Ss: one, two, .../Pass (throw/catch).</p> <p>(3) Each one gets a basketball and dribbles it by switching hands. T: Switch hands to dribble. Ss: Dribble.</p> <p>(4) The one who can dribble the longest wins the games. T: Who wins. S: Me.</p> <p>2 Throw/Catch the basketball</p> <p>(1) Two in a group face to face : After throwing or catching, both have to enlarge the distance by one step back. T: Throw and catch. Ss: Throw/Catch.</p> <p>(2) One, in front of the line the other kids make, throws the ball to each one by one. T: Who will be in the front of line? Ss: (the kid's name)</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood. 2. What's important you just learned in class? 3. How do like this activity? 4. Do you enjoy your snacks?</p> <p style="text-align: center;">~~第2節結束~~</p>	<p>basketballs</p>	<p>Performance Evaluation participating teamwork</p>
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教學主題四: badminton	教學資源	評量
<p>活動一</p> <p>一、引起動機：(5")</p> <p>T: Listen to a story.</p> <p>How do you like the story? Why?</p> <p>S: ...</p> <p>二、發展活動：(28')</p> <p>1 Toss the shuttlecock.</p> <ul style="list-style-type: none"> - Each one gets a shuttlecock -Toss it in the air and then catch it. <p>2 Throw and catch the shuttlecock.</p> <ul style="list-style-type: none"> -Two in a group - Catch it. - Throw it to your partner. <p>3 Throw your shuttlecock over the net in the middle of the court.</p> <ul style="list-style-type: none"> -Set a net in the middle of the court. - Run with a shuttlecock from the end line of one side court to the middle of it. -Throw your shuttlecock over the net to the other side of the court. <p>三、綜合活動：(7')</p> <ol style="list-style-type: none"> 1. Express your mood. 2. What's your favorite item in class? 3. How do like this activity? 4. Do you enjoy your snacks? <p style="text-align: center;">~~第1節結束~~</p>	Shuttle-Cocks rackets	Oral evaluation cognizing evaluation
<p>活動二</p> <p>一、引起動機：(5")</p> <ul style="list-style-type: none"> -Moving your shuttlecock with your racket and walk along the square one lap -sharing your feeling <p>二、發展活動：(28')</p> <p>1 the backhand grip and the forehand grip</p>		

<p>(1) Each one gets a shuttlecock and a racket.</p> <p>(2) Practice the backhand grip and hit you shuttlecock 5 times with it.</p> <p>(3) Practice the forehand grip and hit you shuttlecock 5 times with it.</p> <p>(4) Watch and speak out whether it is the backhand grip or the forehand grip.</p> <p>2 Bounce your shuttlecock</p> <p>(1) Each one gets a shuttlecock and a racket.</p> <p>(2) Bounce your shuttlecock on your racket as many as you can.</p> <p>3 Hit your shuttlecock</p> <p>(1) Hit your shuttlecock with your racket over the net in the middle of the court as many as you can.</p> <p>(2) two in a group</p> <p>(3) Play badminton with your partner.</p> <p>三、綜合活動：(7')</p> <p>1. Express your mood.</p> <p>2. What's your favorite item in class?</p> <p>3. How do like this activity?</p> <p>4. Do you enjoy your snacks?</p> <p style="text-align: center;">~~第2節結束~~</p>		<p>judging forehand and backhand throws, and deliver badminton.</p> <p>Performance Evaluation</p> <p>participating teamwork</p>
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