

110學年度第二學期嘉義縣梅山鄉太興小年級體育課雙語教學教案

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
單槓行家	<p>一、認知： 認識單槓運動的知識與安全使用方法。</p> <p>二、情意： 和同學一起認真進行各項學習活動及能保護別人試做動作，針對缺加以改進。</p> <p>三、技能： 能做出簡單的單槓動作，如單槓向前迴環下的動作，及利用遊戲訓練身體反應，鍛鍊手臂的肌力。</p> <p>四、行為： 能落實平時自我身體活動。</p>	<p>一、跳躍大進擊</p> <p>二、單槓遊戲真好玩</p> <p>三、我是單槓高手</p>	<p>Words and phrases: ready, feet, waist, jog, elbow, whistle, hands, back, one, two, three, four, five, the overhand grip, the underhand grip</p> <p>Sentences: Let's jog. Switch. Line up. Raise your one arm. Bend your elbow. Hold hands to the back. Arch your back. Pess your back. Listen to the whistle. No problem. Bend your knees and keep your feet away from the ground. Keep your feet on the ground. Swing your body with your hands on the bar. Jump on the bar. Clip the ball between your feet.</p>

單元設計

(一)單元架構

單元名稱	單元主題	單元活動
單槓行家	一、跳躍大進擊	一、跳躍的音符
		二、人體計算機
	二、單槓遊戲真好玩	一、體驗單槓活動
		二、單槓遊戲：太空漫步、鐘擺遊戲
	三、我是單槓高手	一、吊單槓夾球耐力賽
		二、吊單槓投球進籃

(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年級下學期	學習節次	6節課(240分鐘)
學習內容	la-l-1 滾翻、支撐、平衡、懸垂遊戲。		

	1a-II-1 滾翻、支撐、平衡與擺盪動作。		
學習表現	1c-II-1 認識身體活動的動作技能。 2c-II-3 表現主動參與、樂於嘗試的學習態度。 2d-II-1 描述參與身體活動的感覺。 1c-I-2 認識基本的運動常識。 1d-I-1 描述動作技能基本常識。		
學習目標	<p>一、認知： 認識單槓運動的知識與安全使用方法。</p> <p>二、情意： 和同學一起認真進行各項學習活動及能保護別人試做動作，針對缺加以改進。</p> <p>三、技能： 能做出簡單的單槓動作，如單槓向前迴環下的動作，及利用遊戲訓練身體反應，鍛鍊手臂的肌力。</p> <p>四、行為： 能落實平時自我身體活動。</p>		
教學方法	口頭提問、示範教學、實際演練、分組合作		
教學資源	單槓、墊子、球、球籃。		
學科英語詞彙	ready, feet, waist, jog, elbow, whistle, hands, back, one, two, three, four, five the overhand grip, the underhand grip		
學科英語句型 (視教材內容)	Let's jog. Switch. Line up. Raise your one arm. Bend your elbow. Hold hands to the back. Arch your back. Pess your back. Listen to the whistle. No problem. Bend your knees and keep your feet away from the ground. Keep your feet on the ground. Swing your body with your hands on the bar. Jump on the bar. Clip the ball between your feet.		
教學主題一：跳躍大進擊		教學資源	評量
活動一 跳躍的音符 一、引起動機：(20') 1. Chase Game (warm-up exercise) 追逐跑(熱身運動) T: Line up. T: (illustrating & demonstrating) Jog one lap except for the last kid. 除了最後一個孩子外，其他的慢跑一圈。 The last one has to run fast till to be the new first one of the line. 最後一個必須跑得很快，直到成為隊伍新的第一個。 After he/she becomes the first one of the line, 在他/她成為隊伍第一名後，			

the new last one has to run fast over the new first one.

新的最後一個必須快於新的第一個。

Keep on doing so until all finish jogging one lap.

繼續這樣做，直到所有人都完成慢跑一圈。

Ready?

準備好？

Ss: Ready. Let's jog.

準備好了。走，慢跑去。

2. exercising for stretching (Flexibility Training)伸展操(柔軟度訓練)

T: Let's do stretching exercises.

讓我們做伸展運動。

Raise your one arm and then bend your elbow.

舉起你的一隻手臂，然後彎曲你的肘部。

Ss: Raise and bend.

舉起並彎曲。

T: Raise the other arm and move that elbow closing to your head.

抬起另一隻手臂並將肘部靠近頭部。

Ss: Keep elbow to head.

保持肘部靠著頭部。

T: Switch.

換邊。

Ss: Switch.

換邊。

T: Hold your hands behind your back for ten seconds.

握雙手放在背後十秒鐘。

Ss: Hold hands to the back.

握雙手放在背後。

T: Bend your waist and then arch your back and press your back.

彎腰，而後拱背和壓背

Ss: Bend my waist and arck/press my back.

彎腰，而後拱背和壓背

T: Hold your feet and bend your waist.

握住雙腳並彎曲腰部。

Ss: Feet and waist.

腳和腰。

(https://www.youtube.com/watch?v=g_tea8ZNk5A)

(<https://www.youtube.com/watch?v=xo-U4NvrE7k>)

3. You throw it and I pick it up (coordination training)你丟我撿(協調性訓練)

T: Two in a group.

兩人一組。

The back one holds one ball.

後面的人拿著一個球。

Listen to the first whistle

聽第一聲口哨

and the back one with the ball moves to the front of your partner.

後面帶球的人移動到你的搭檔前面。

Listen to the second whistle.

聽第二聲口哨

And throw the ball to your partner.

把球扔給你的搭檔。

Ready?

準備好？

Ss: Ready.

準備好了。

T: Let's start.

T: 我們開始吧。

T: Switch.

交換。

balls

Hoola
hoops

4. Running fast (speed training)快速跑(速度訓練)

T: Line up. Count the Hoola hoop in from of you.

排隊。數一數你的呼啦圈。

Ss: one, two, three, four, five. Five.

一、二、三、四、五。五個。

T: After you listen to the whistle,

聽到哨子生後，

you have to run through the five Hoola hoops first,

你得先跑過五個呼啦圈，

and continue running to the front cone 100m far away.

繼續跑到 100m 遠的前方錐體。

You have to run as fast as you can

你必須盡可能快地跑，

and then walk back to your seat.

然後走回你的位子。

You have to do so twice.

一、
能配
合音
符做
出正

<p>你必須這樣做兩次。</p> <p>二、發展活動：(10')</p> <p>隨著音樂在五線譜上跳躍， As the music jumps on the staves, 音樂停止後靜止， stops when the music stops, 和老師在同一條線上就淘汰了。 and the one is eliminated on the same line as the teacher.</p> <p>三、綜合活動：(10')</p> <p>1. discussion 討論</p> <p>T: What problem did you have during the class? 上課時遇到了什麼問題？ And how did you conquer it? 你是如何征服它的？</p> <p>Ss: I have a problem to ... 我有一個關於...的問題</p> <p>2. suggestions 建議</p> <p>T: I suggest you 我建議你……</p> <p style="text-align: center;">~~ 第 1 節結束 ~~</p>	Com-puter	<p>確跳躍。</p> <p>二、能在五線譜上連續跳躍。</p>
<p>活動二 人體計算機(40')</p> <p>一、引起動機：(2')</p> <p>T: Get together. Call a roll, Class Leader. 集合。班長請點名。 Class Leader: It's done. 完成。</p> <p>二、發展活動：(30')</p> <p>1. An arithmetic game 數學運算遊戲(15')</p> <p>(1) combining jumping with mathematical addition and subtraction 結合跳躍與加減的運算</p> <p>T: Let's do the math, jump, and play math with your body. 我們來算一算、跳一跳，一起用身體玩數學。 Calculate correctly, and you have to jump on the right number. 算得對，也要跳得準。</p> <p>T: 2 and 2 S1: are 4. S1: 3 and 5</p>		<p>三、能正確解題並做出跳躍。</p>

S2: are 8.

(2) Combine jumping with multiplication

將跳躍與乘法相結合

T: Everyone gets one number. And call it out.

每個人都拿一個號碼。並說出號碼來。

Ss: Number...

T: When I say 1 times 5,

當我說 1 乘以 5 時，

number 1 kid has to call out “Here” and jump 5 times.

1 號孩子必須說 “到” 並跳 5 次。

Let’s make a demonstration.

讓我們做一個演示。

1 times 5

1 X 5

N1: Here. (calling out 1, 2, 3, 4, 5 and jumping)

2. Match numbers with colors and add up.(15’)

將數字與顏色匹配並加總

T: What colors are the pyramid cones on the ground?

地上的錐體是什麼顏色的？

Ss: Red and blue.

紅色和藍色。

T: When I say red stands for 1 and blue stands for 2.

當我說紅色代表 1，藍色代表 2。

Number 1 kid goes to the red pyramid cone and Number 2 blue.

1 號孩子去紅色金字塔錐和 2 號孩子去藍色金字塔錐。

And then both kids, numbers 1 & 2, call out the correct answer 3.

然後兩個孩子，數字 1 和 2，喊出正確答案 3。

Get it?

明白了嗎？

Ss: Got it.

知道了。

三、綜合活動：(8’)

1. discussion 討論

T: What problem did you have during the class?

上課時遇到了什麼問題？

And how did you conquer it?

你是如何征服它的？

<p>Ss: I have a problem to ... 我有一個關於...的問題</p> <p>2. suggestions 建議</p> <p>T: I suggest you 我建議你……</p>		
<p>教學主題二：單槓遊戲真好玩</p>	<p>教學 資源</p>	<p>評量</p>
<p>活動一 體驗單槓活動</p> <p>一、引起動機：(20')</p> <p>1. Jump up and down (warm-up exercise)跳上跳下(熱身運動)</p> <p>2. exercising for stretching (Flexibility Training)伸展操(柔軟度訓練)</p> <p>T: Let's do stretching exercises. 讓我們做伸展運動。</p> <p>Raise your one arm and then bend your elbow. 舉起你的一隻手臂，然後彎曲你的肘部。</p> <p>Ss: Raise and bend. 舉起並彎曲。</p> <p>T: Raise the other arm and move that elbow closing to your head. 抬起另一隻手臂並將肘部靠近頭部。</p> <p>Ss: Keep elbow to head. 保持肘部靠著頭部。</p> <p>T: Switch. 換邊。</p> <p>Ss: Switch. 換邊。</p> <p>T: Hold your hands behind your back for ten seconds. 握雙手放在背後十秒鐘。</p> <p>Ss: Hold hands to the back. 握雙手放在背後。</p> <p>T: Arch your back and press your back. 拱背和壓背</p> <p>Ss: Back.</p> <p>T: Hold your feet and bend your waist. 握住雙腳並彎曲腰部。</p> <p>Ss: Feet and waist. 腳和腰。</p> <p>(https://www.youtube.com/watch?v=g_tea8ZNk5A)</p> <p>(https://www.youtube.com/watch?v=xo-U4NvrE7k)</p>		

3. Joint of hands and feet (coordination training) 手腳聯合(協調性訓練)

The teacher demonstrates the movements
and the students follow the teacher as a copycat,
老師示範動作學生們模仿老師跟著做。

such as grabbing the right leg with the right hand,
如右手抓右腿，

move the small right leg left to right up.

將右小腿放在左膝蓋上站立。

or imitating the actions or shapes of various animals,

或模仿各種動物行動或造型、

natural phenomena (flowers blooming, rain, thunder, typhoon),

自然現象(花開、下雨、打雷、颱風)、

dynamic states (airplane takeoff, train, rocking boat) etc.

動力狀態(飛機起飛、火車、搖船)等動作。

T: Grab your right leg with your right hand and do this.

用右手抓住右腿並這樣做。

Ss: Grab.

抓

T: Imitate the action of a monkey.

模仿猴子的動作。

Ss: A monkey.

一隻猴子。

T: Imitate typhoon.

模仿颱風。

Ss: Typhoon.

颱風。

T: Imitate a rocking boat.

模仿搖擺的船。

Ss: A rocking boat.

一艘搖擺船。

flesh
cards

4. Step on the shadow game (agility training) 踩影子遊戲(敏捷性訓練)

T: Do you see your own shadow in the sun?

你在陽光下看到自己的影子嗎？

Ss: Yes, we do.

有。

T: After you listen to the whistle, start to step on the shadow of your

friends.

你聽到哨聲後，開始踩你朋友的影子。

If you cannot breathe smoothly, you can jump into any Hoola hoop here

如果您無法順暢呼吸，您可以跳入任何呼拉圈

to avoid your friend's chasing.

避免你朋友的追逐。

Ss: No problem.

沒問題。

二、發展活動：(15')

1. The way to grip the bar 握槓方式

(1) grip by the overhand grip 正手握法

T: Raise your both arms up and jump on the bar.

舉起雙臂並跳上槓。

Try out the first grip.

初試握桿。

Are you OK?

還好嗎?

Ss: Yes./No.

T: Look at me. Do so.

看我。這樣做。

Grip by the overhand grip.

正手握法

Ss: ...

(2) grip by the underhand grip

反手握法

T: Look at me. Do so.

看我。這樣做。

Ss: ...

2. Keep feet touching the ground. 保持雙腳接觸地面(單槓懸垂)。

T: Keep feet touching the ground.

保持雙腳接觸地面。

How do you feel?

你覺得怎麼樣?

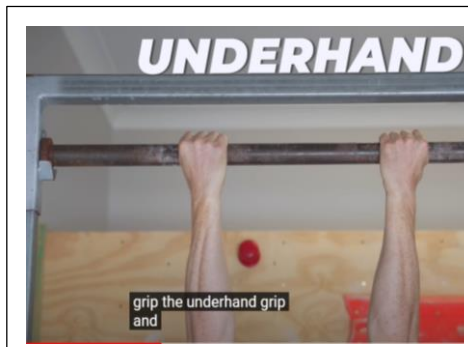
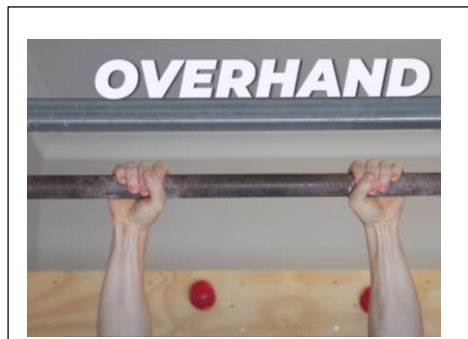
Ss: ...

3. Bend your knees and keep your feet away from the ground.

單槓懸吊

T: Bend your knees and keep your feet away from the ground.

彎曲膝蓋，讓雙腳遠離地面。



food-

bars

一、能做出握住單槓的動作。
二、能說出使用單槓時要注意的事項。

How do you feel?

你覺得怎麼樣？

Ss: ...

<https://www.youtube.com/watch?v=E58Cs5yxHus>

三、綜合活動：(5')

1. discussion 討論

T: What problem did you have when you grip on the bar?

握桿時遇到了什麼問題？

And how did you conquer it?

你是如何征服它的？

Ss: I have a problem to ...

我有一個關於...的問題

2. suggestions 建議

T: I suggest you

我建議你.....

活動二 單槓遊戲：太空漫步、鐘擺遊戲

一、引起動機：(2')

T: Hands on the bar.

把手放在單槓上。

Ss: Hands on the bar.

把手放在單槓上。

T: Hands off the bar.

把手放開。

Ss: Hands off the bar.

把手放開。

T: Guess what?

你猜

Ss: What?

什麼？

T: We are going to play two games, Space Walks and Pendulum Games.

我們去玩兩個遊戲，Space Walks 和 Pendulum 遊戲。

二、發展活動：(25')

1. Space Walks 太空漫步

T: Bend your knees and keep your feet away from the ground.

food-
pads

<p>彎曲膝蓋，讓雙腳遠離地面。</p> <p>And imitate the way to ride a bike in the air. 並模仿在空中騎自行車的方式。</p> <p>Ss:...</p> <p>T: Don't worry. If you can't, say "I can't." and the next one can try. 別擔心。如果你做不到，就說“我做不到”。輪到下一個了。</p> <p>2. Pendulum Games 鐘擺遊戲</p> <p>T: Keep your body back and forth like swinging on the swing. 讓你的身體像在鞦韆上擺動一樣來回擺動。</p> <p>Ss: ...</p> <p>T: Don't worry. If you can't, say "I can't." and the next one can try. 別擔心。如果你做不到，就說“我做不到”。輪到下一個了。</p> <p>三、綜合活動：(13')</p> <p>1. discussion 討論</p> <p>T: What problem did you have when you grip on the bar? 握桿時遇到了什麼問題？</p> <p>And how did you conquer it? 你是如何征服它的？</p> <p>Ss: I have a problem to ... 我有一個關於...的問題</p> <p>2. suggestions 建議</p> <p>T: I suggest you 我建議你……</p>	bars	
<p>教學主題三：我是單槓高手</p>	教學資源	評量
<p>活動一 Hanging Bar Enduro with Holding a Ball 吊單槓夾球耐力賽</p> <p>一、引起動機：(20')</p> <p>1. Various running and jumping (warm-up exercises)各種跑跳(熱身運動)</p> <p>Exchange various types of running and jumping sports, 交換各種跑跳的運動方式，</p> <p>such as hopping on one foot, running on one foot, jogging on both feet, 如單腳跳、單腳跑、雙腳快步跑、</p> <p>jogging, run left and right of the center line, trot with one foot, 慢跑、在中心線的左側或右側運行、單腳小跑、</p> <p>run back and forth, jump back and forth,</p>		

前後跑、前後跳、

jump left and right of the center line, continuous jumping with one foot,

左右跳(以線為中心點分辨左或右)、單腳連續跳、

continuous jumping with both feet, etc.

雙腳連續跳等運

✚ the period of exercise 鍛煉時間

Continue to move until the last one stops.

繼續移動直到最後一個停止。

✚ Depending on the student's physical condition,

視學生身體狀況，

if they feel very tired,

感覺很累時，

they can leave first.

可以先離。

Drive the team to the side to rest.

開隊伍到旁邊休息。

2. exercising for stretching (Flexibility Training) 伸展操(柔軟度訓練)

T: Let's do stretching exercises.

讓我們做伸展運動。

Raise your one arm and then bend your elbow.

舉起你的一隻手臂，然後彎曲你的肘部。

Ss: Raise and bend.

舉起並彎曲。

T: Raise the other arm and move that elbow closing to your head.

抬起另一隻手臂並將肘部靠近頭部。

Ss: Keep elbow to head.

保持肘部靠著頭部。

T: Switch.

換邊。

Ss: Switch.

換邊。

T: Hold your hands behind your back for ten seconds.

握雙手放在背後十秒鐘。

Ss: Hold hands to the back.

握雙手放在背後。

T: Arch your back and press your back.

拱背和壓背

Ss: Back.

T: Hold your feet and bend your waist.

握住雙腳並彎曲腰部。

Ss: Feet and waist.

腳和腰。

(https://www.youtube.com/watch?v=g_tea8ZNk5A)

(<https://www.youtube.com/watch?v=xo-U4NvrE7k>)

3. Clip Ball and Pass It with foot(coordination training) (strength training)

腳夾球傳接(協調性訓練)(肌力訓練)

Have the kids put their hands behind their backs on the ground

孩子將手撐地於身後，

and raised their legs and feet naturally.

兩肢腳自然抬起。

The teacher puts the ball on one of the kid's feet and asks him to hold it.

老師將球放在每隊其中一人的腳請他夾住。

And then they began to pass it to the next one, and passed it on in sequence.

學生聽到老師吹哨子的聲音，開始依序傳下去。

When the kids heard the whistle of the teacher, they have to stop passing it.

當孩子們聽到老師的哨聲時，他們必須停止傳遞。

✚ **Each passed it about 2 times.**

每人約傳 2 次結束。

4. Running fast (speed training)快速跑(速度訓練)

T: Line up. Count the Hoola hoop in from of you.

排隊。數一數你的呼啦圈。

Ss: one, two, three, four, five. Five.

一、二、三、四、五。五個。

T: After you listen to the whistle,

聽到哨子生後，

you have to run through the five Hoola hoops first,

你得先跑過五個呼啦圈，

and continue running to the front cone 100m far away.

繼續跑到 100m 遠的前方錐體。

You have to run as fast as you can

<p>你必須盡可能快地跑， and then walk back to your seat. 然後走回你的位子。 You have to do so twice. 你必須這樣做兩次。</p> <p>二、發展活動：(15')</p> <p>T: Grip the horizontal bar by the overhand 正握單槓， and put the ball between your feet. 雙腳夾球。 Let's see who can hold it longer. 看誰撐得久。 If you can't stand it, 若撐不住時， just let yourself drop off on the ground naturally. 就讓自己自然落下。</p> <p>三、綜合活動：(5')</p> <p>1. discussion 討論</p> <p>T: What problem did you have with clipping a ball between your feet 你在雙腳之間夾球時遇到了什麼問題 while your hands are on the bar? 當你的手放在橫桿上時? And how did you conquer it? 你是如何征服它的？</p> <p>Ss: I have a problem to ... 我有一個關於...的問題</p> <p>2. suggestions 建議</p> <p>T: I suggest you 我建議你……</p>	<p>food-pads bars balls</p>	<p>一、 能做 出吊 單槓 雙腳 夾球 的動 作。</p>
<p>活動二 吊單槓投球進籃</p> <p>一、引起動機：(2')</p> <p>T: Hands on the bar. 把手放在單槓上。</p> <p>Ss: Hands on the bar.</p>		

把手放在單槓上。

T: Hands off the bar.

把手放開。

Ss: Hands off the bar.

把手放開。

T: Guess what?

你猜

Ss: What?

什麼？

T: We are going to play a game,

我們要玩一個遊戲，

throwing the ball into the basket with your feet

用腳把球扔進籃筐，

while your hands are on the bar.

當你的手放在橫桿上時。

二、發展活動：(25')

Hold the horizontal bar with both hands,

雙手握住單槓，

swing your body with your legs,

運用腿部力量擺盪身體，

and drop the ball into the basket.

將球投入球籃。

T: Hold the bar.

握住槓

Ss: Bar.

槓

T: Swing your body with your legs.

用腿擺動身體。

Ss: Swing.

搖擺。

T: Drop the ball into the basket.

把球扔進籃筐。

Ss: Drop the ball.

丟球。

三、綜合活動：(13')

1. discussion 討論

T: What problem did you have when you clip ball and pass it with foot?

墊子
籃球
單槓

能做出吊單槓，雙腳夾球投進球籃的動作。

握桿時遇到了什麼問題？

And how did you conquer it?

你是如何征服它的？

Ss: I have a problem to ...

我有一個關於...的問題

2. suggestions 建議

T: I suggest you

我建議你……

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