

健體領域 體育科目 三年級下第二學期課程架構

教案設計 教師	瑞穗國小 雙語團隊	英語協同 教師	瑞穗國小雙語 團隊英語教師	教學 對象	三年級	總節數	20 週
體育專業 英語詞彙 (content language)	英語 單字 / 片語	toss, catch, clap, turn, overhand throw, sidearm throw, underhand throw, lift, stride, offense, defense, bounce pass, overhand pass, aim at, target, swing, stretch, follow through - diabolo, string, axel, stick, pull, wrap, unwrap shuttlecock kicking, inside kick, toss plane, head, body, wing, throw brick, stack, grab Fast feet					
	英語 句子	Hold/Catch the ball with two hands. Throw the ball high. Keep eyes on the ball. Aim at the target Bend your elbows. Swing your arms. Lean forward. Run with arm swing. Stretch your right hand behind you. Palm up. Switch the baton.					
英語 教室用語 (classroom language)	<p>Classroom English</p> <ol style="list-style-type: none"> 1. Good morning./Good afternoon. 2. Eyes on me. Eyes on you. 3. Let' s take a roll call. When you hear your name, please say "here." 4. Sit down. Hands on your knees. 5. Stand up. 6. Hands on your head. 7. Hands up. Hands down. 8. Are you done? Yes! No! 9. Are you ready? Yes! No! 10. Ms./ Mr. ~ I' m /We' re done. 11. Look at your stick/ line/ jump rope. 12. Watch your step. 13. Try your best! <p>Line up outside.</p> T: Eyes on me.. Ss: Eyes on you. T: Arms Ss: Up.						

T: Arms
 Ss: down.
 T: Let' s go.
Formation
 T: Center, hands up.
 Ss: Hands up.
 T: Hands out.
 T: Attention!
 S:1, 2.

週次	單元主題	領綱核心素養指標	領綱學習重點
第 1~7 週	單元一 九宮格大車拼 第 1 週 擲接球遊戲 第 2 週 將球擲遠 (肩上投擲、側投、低手投擲) 第 3 週 肩上投擲 第 4 週 擲遠大賽 第 5 週 擊地、高飛傳接球 第 7 週 讓我投進九宮格吧 !	健體-E-A1 具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的潛能。 健體-E-B1 具備運用體育與健康之相關符號知能，能以同理心應用在生活中的運動、保健與人際溝通上。	學習表現： 1c-II-1 認識身體活動的動作技能。 1d-II-1 認識動作技能概念與動作練習的策略。 1d-II-2 描述自己或他人動作技能的正確性。
第 8~15 週	單元二 民俗體育 第 8 週 基礎運鈴 第 9 週 花式扯鈴 第 10 週 腳內 (外) 側踢氣球版 第 11 週 腳內 (外) 側踢毬子版 第 12 週 安全降落 第 13 週 紙飛機高爾夫 第 14 週 疊疊樂 第 15 週 花式砌磚	健體-E-C1 具備生活中有關運動與健康的道德知識與是非判斷能力，理解並遵守相關的道德規範，培養公民意識，關懷社會。	2c-II-1 遵守上課規範和運動比賽規則。 2c-II-2 表現增進團隊合作、友善的互動行為。 3c-II-1 表現聯合性動作技能。
第 16~20 週	單元三 大隊接力 第 16 週 跑步高手 第 17 週 傳接棒練習 第 18 週 接力練習 第 19 週 彎道跑練習 第 20 週 接力遊戲	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。	3d-II-1 運用動作技能的練習策略。 3d-II-2 運用遊戲的合作和競爭策略。 4d-II-1 培養規律運動的習慣並分享身體活動的益處。

		<p>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。 Cb-II-2 學校運動賽會 Ga-II-1 跑、跳與行進間投擲的遊戲。 Hb-II-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念。 Ic-II-1 民俗運動基本動作與串接。</p>
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健體領域 體育科目 三年級 單元教案

主題名稱		我會打籃球	教學設計者	雙語團隊
教學對象		三年級	教學節次	四週八節
領綱 核心素養指標		健體-E-A1、健體-E-B1、健體-E-C1、健體-E-C2		
領綱 學習 重點	學習 表現	1c-II-1 認識身體活動的動作技能。 1d-II-1 認識動作技能概念與動作練習的策略。 1d-II-2 描述自己或他人動作技能的正確性。 2c-II-1 遵守上課規範和運動比賽規則。 2c-II-2 表現增進團隊合作、友善的互動行為。 3c-II-1 表現聯合性動作技能。 4d-II-1 培養規律運動的習慣並分享身體活動的益處。		
	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。 Hb-II-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球 之時間、空間及人與人、人與球關係攻防概念。		
教學目標		1. 能夠進行不同方式的運球 2. 能夠控制力量進行傳接球 3. 能夠做出雙手投籃動作		
教學方法		TPR		
體育專業 英語詞彙 (content language)		英語 單字 / 片語	Nouns: ball, cone, lane, head, hand, hands, waist, knees, chest, finger pads, palms, jump rope, whistle Verbs: put, roll, toss, catch, face, bend, pass, raise, straighten, bounce, dribble, switch, turn, walk, follow, freeze, run, stop, block, tag, hold, hop, twirl, swing, step Misc.: away, down, up, same, forward, behind, middle, across, diagonal, high, low, above, below, fast, slow, side, straight, backward face (forward, your partner) turn (around) walk/run/move (forward, side to side, in a straight line, around, around the cone, follow the cones, to the end of your line, to the end of the other line) Freeze! Hands up! Tag! You're it! You can do it! Go, go, go!	

* _____ the ball

- **put** the ball (away, down), roll the ball (to your partner, from hand to hand)
- **toss** the ball (up, up with one hand, from hand to hand, to your partner, overhand toss)
- **catch** the ball (with the same hand)
- **pass** the ball (to your partner, chest pass, bounce pass, overhead throw, overhand toss, stop and pass, block the pass, Ready? Pass!)
- **raise** the ball (over and behind your head)
- **bounce** the ball (to your partner, across, diagonal, to the middle lane, with your finger pads, low bounce, high bounce, quickly, above your waist, below your waist, above your knees)
- **eyes on** the ball
- **throw** the ball (overhead throw)
- **dribble** the ball (don't stop dribbling!)
- **hold** the ball
- **shoot** the ball (up and away, into the basket)

* _____ your _____

- **bend** your knees
- **straighten** your arms
- **swing** your arms
- **switch** your hands
- **open** your legs

* basic jump

- open, stand, forward, swing and jump

* one arm swing

- twirl rope to the right/ left side

* side swing without jump

- twirl, open, twirl, open, jump

* criss cross

- open, cross, jump

*jump rope with jogging step

- step over with left foot
- step over with right foot

*jump rope on one leg

- open, stand, forward, swing and hop on one leg

*dodgeball

- footwork: skip, diamond cross, sidestep
- throw, catch, block, dodge
- high throw › low throw

英語 教室用語 (classroom language)	Classroom English 1. Good morning./Good afternoon. 2. Eyes on me. Eyes on you. 3. Let's take a roll call. When you hear your name, please say "here." 4. Sit down. Hands on your knees. 5. Stand up. 6. Hands on your head. 7. Hands up. Hands down. 8. Are you done? Yes! No! 9. Are you ready? Yes! No! 10. Ms./ Mr. ~ I'm /We're done. 11. Look at your stick/ line/ jump rope. 12. Watch your step. 13. Try your best! Line up outside. T: Eyes on me.. Ss: Eyes on you. T: Arms Ss: Up. T: Arms Ss: down. T: Let's go. Formation T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.		
	教學活動	教具	評量方式
<第一節>			
一、準備活動(分鐘) 1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 2. Let' s warm up! 3. Run one lap. Go!		能夠重述 指令並數 數	
二、發展活動(分鐘) 1. 球感練習 Feel the ball (1)頭部繞環 hold the ball and circle your head. (2)腰部繞環 hold the ball and circle your waist. (3)胯下八字繞環 cross your legs. 2. 原地運球 Dribble the ball (1)高運球(腰部) High Bounce	籃球(足 球)	能夠依指 令及要領 完成動作	

運球的高度約在腰部，提醒學生不是指拍球，而是利用整個手臂伸直將球推至地板，重複數次完成運球。

T:	Time' s up! Eyes on me!
Ss:	Eyes on you!
T:	Number 2, put the hula hoops away. Everyone, come back! (Ss gather in front of T)
T:	Number 1, hold the ball. Two people, one team. 1 (point), 2 (point), sit down here. 1 (point), 2 (point), sit down here. Etc. (spread the pairs of students out.
T:	Eyes on me.
Ss:	Eyes on you!
T:	This is bounce. (demo a single bounce). This is dribble. (demo dribbling). Everyone, say "Dribble."
Ss:	Dribble.
T:	Dribble, dribble, dribble!
Ss:	Dribble, dribble, dribble!
T:	I <u>dribble the ball</u> .
Ss:	I dribble the ball.
T:	Great! Let' s dribble! Not too high (demo) and not too low (demo). What' s this? (point at waist)
Ss:	respond (waist, I don' t know, etc.)
T:	Great! This is your waist. Dribble the ball up to here. Not too high (demo) and not too low (demo).
T:	What are these? (show fingers)
Ss:	(respond- fingers, hands, I don' t know, etc.)
T:	Good, these are fingers. We use our fingers to dribble

	the ball. (demo). Do not use your palms (show palms). Okay?		
Ss:	Okay!		
T:	Are you ready?		
Ss:	Ready!		
T:	Two people, one team. Number 1 goes first. Ready, go!		
T:	Great job! Time' s up. Number 1, pass the ball to Number 2.		
<p>Ss practice, and T walks around to remind students to use their finger pads, and don' t bounce too low or too high.</p>			
<p>(2)低運球(膝蓋) Low Bounce 運球的高度約在膝蓋，提醒學生掌握節奏避免無法運球成功。</p>			
T:	Time' s up! Sit down, please. Number 2, hold the ball.		
T:	Eyes on me!		
Ss:	Eyes on you!		
T:	How did it go? Is it hard to dribble the ball? Why?		
Ss:	(think and respond in Mandarin or English)		
T:	Great! Let' s try a low dribble . What are these? (point to knees)		
Ss:	(respond- knees, I don' t know, etc.)		
T:	Great! These are knees. Bend your knees (bend knees) and dribble the ball up to your knees (demo). High dribble (demo). Low dribble (demo). Make sure to bounce fast , a slow dribble will fly away (demo). Let' s try a low dribble. Like this? (demo a high dribble) No! Low dribble. Let' s try, are you ready?		

Ss:	Ready!		
Ss practice a low dribble, and T walks around to remind students not too high, to your knees, low dribble, etc.			
(3)換手運球 Switch your hands and dribble 雙腳微開，將球從左手推至雙腳中心前方右手接觸到球以後再推至雙腳中心前方，進行雙手運球。			
T:	Time' s up! Come back. Sit down, please.		
Ss:	(sit down)		
T:	Eyes on me.		
Ss:	Eyes on you!		
T:	Let' s think. How did it go? Which do you like better, high dribble or low dribble? (demo)		
Ss:	(respond)		
T:	Why?		
Ss:	(respond in English or Chinese)		
T:	Great! Let' s try a different way. Feet out! (demo jumping to a wide-legged stand). Pass the ball from hand to hand. (demo) Okay?		
Ss:	(respond- okay, I don' t know, etc.)		
T:	Switch the ball from hand to hand. Like this. (demo). Not like this. (demo only using one hand, double or triple bouncing with one hand). Everyone, say "Switch." (with hand motion)		
Ss:	Switch. (with hand motion)		
T:	Are you ready?		
Ss:	Ready!		

T:	Ready, go!		
<p>Ss practice. T walks around and reminds students:</p> <ul style="list-style-type: none"> • open your legs • dribble the ball • switch your hands <p>(4)Dribble and touch</p> <ul style="list-style-type: none"> ●Two persons on one group. ●First one give the order about body parts. (head, shoulder, waist, ness..) ●Second one try to dribble while touch the prats. <p>三、綜合活動(分鐘)</p> <p>1. 複習動作並引導學生說出英文</p> <ul style="list-style-type: none"> -Roll the ball. -high bounce and low bounce. -dribble and touch body parts. <p>2. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>3. 引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第一節結束</p>			能完整表達自己的想法
<p style="text-align: center;"><第二節></p> <p>一、準備活動(分鐘)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let' s warm up!</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(分鐘)</p> <p>1. 地板撥球：在地板上進行左右手互相撥球，適應籃球的大小。</p> <p>T: Hands on top. Ss: (Hands on top) T: Hands down. Ss: (Ss put down their hands.) T: What' s it? Ss: (It' s a) ball. T: A ball. Ss A ball.</p>		籃球(足球)	能夠重述指令並數數 能夠依指令及要領完成動作

T: Great. Put the ball on the ground. (demo)
 On the ground.

T Roll the ball from hand to hand. (demo)

T Roll the ball. (demo) Say” Roll the ball.”

Ss Roll the ball.

T Now, two lines. Boys, line one. Girls, line two.

Ss OK.

T Good. Now spread out.

T Line one. Come and get a ball.
 Boys, put the ball on the ground.
Roll the ball from hand to hand. (demo) Say “Roll the ball.”

Ss Roll the ball.

Ss practice, and T walks around and has Ss say “Roll the ball.” while practicing.

T (whistling) Girls, it’ s your turn.
 Boys, give the balls to the girls.

Ss practice, and T walks around and has Ss say “Roll the ball.” while practicing.



2. 單手拋球：One hand toss

用手輕輕向上拋球，並用同一隻手接住，
 提醒學生手掌心朝上、不能將球拋太高。

T:	Hold the ball.
Ss:	(Hold the ball)
T:	Hold the ball with one hand. (demo)
Ss:	(Hold the ball with one hand)
T:	<u>Toss the ball up with one hand.</u> (demo) <u>Catch the ball with the same hand.</u> (demo) OK?
T:	Everyone, say “Toss up.” (demo)
Ss:	Toss up.

T:	Everyone, say “Catch.”
Ss:	Catch.
T:	Line one, boys start first. Toss the ball up with one hand. Catch the ball with the same hand. OK?
Ss:	OK.
T:	Girls, it’ s your turn. Boys, give your ball to the girls. Girls, toss up and catch. Everyone together, “toss up, catch” (demo)
Ss:	Toss up. Catch
T:	Girls, ready, go!
T:	Good. Let’ s think. How did it go? Was it hard to catch with one hand? (可用中文詢問)
Ss:	(think and answer 中英文回答均可)
T:	Now try with your other hand! (demo)
Ss practice, and T goes around and has Ss say “toss up, catch” while practicing.	



(3)單手換手拋接：One hand toss and pass
用手輕輕地拋球至另外一隻手。

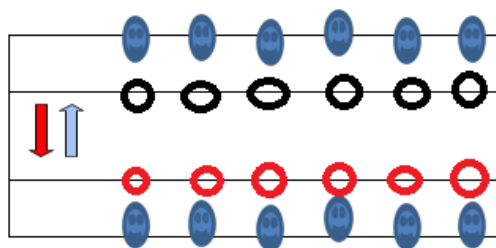
T	Eyes on me.
Ss	Eyes on you.

T	Hold the ball with one hand. <u>Toss the ball up with one hand.</u> <u>Catch it with the other hand.</u> (demo)		
T	Everyone, say “Toss up.” (demo)		
Ss	Toss up.		
T	Say “Catch.”		
Ss	Catch.		
T	Line two. Girls, start first. <u>Toss the ball from hand to hand.</u> Ready, go!		
Ss practice, and T goes around and has Ss say “toss up, catch.” while practicing.			
T:	Boys, it’ s your turn. Girls, give your ball to the girls. Boys, <u>toss the ball from hand to hand.</u> Everyone together, “toss up, catch” (demo)		
Ss:	Toss up. Catch.		
T:	Not too high. What is not too high?		
Ss:	(translate)		
T:	Good! Boys, ready, go!		
Ss practice, and T goes around and has Ss say “toss up, catch” while practicing.			



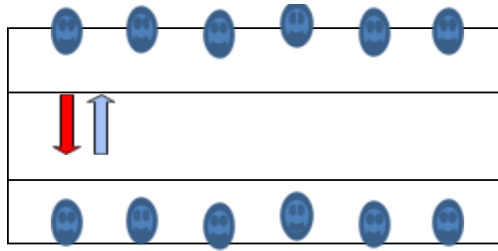
<p>(4) Clap and catch:</p> <ul style="list-style-type: none"> ●Toss the ball up. ●Clap your hands and catch the ball. ●Try to claps many times and catch the ball. <p>3. 滾動過山洞：</p> <ul style="list-style-type: none"> ● Players on the line. ● Everyone open legs. ● Roll the ball backward from first one to last one. ● Last one catch the ball and show it. (最先拿到的組別可得一分) ● Next round the first one become the last one. <p>三、綜合活動(分鐘)</p> <ol style="list-style-type: none"> 1. 複習動作並引導學生說出英文 <ul style="list-style-type: none"> -Roll the ball. -Toss up and catch. -clap and catch. 2. 要學生說說今天自己的表現，並也說出同學表現很好的部分。 3. 引導學生說出學習的困難點，並給予回饋。 <p style="text-align: center;">第二節結束</p>		<p>能夠完整表達自己的想法</p>								
<p style="text-align: center;"><第三節></p> <p>一、準備活動(分鐘)</p> <ol style="list-style-type: none"> 1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 2. Let' s warm up! 3. Run one lap. Go! <p>二、發展活動(分鐘)</p> <p>Pass and catch.</p> <p>(1)地板傳球 Bounce pass： 兩兩一組進行地板傳球，球放於胸前，將球推至呼拉圈，彈至對方胸前接住。</p> <table border="1" data-bbox="129 1733 1121 2054"> <tr> <td>T:</td> <td>Come back. Hold the ball. Eyes on me.</td> </tr> <tr> <td>Ss:</td> <td>Eyes on you.</td> </tr> <tr> <td>T:</td> <td>This is a bounce. (demo) Everyone, say "Bounce."</td> </tr> <tr> <td>Ss:</td> <td>Bounce.</td> </tr> </table>	T:	Come back. Hold the ball. Eyes on me.	Ss:	Eyes on you.	T:	This is a bounce. (demo) Everyone, say "Bounce."	Ss:	Bounce.	<p>籃球(足球)、呼拉圈</p>	<p>能夠重述指令並數數</p> <p>能夠依指令及要領完成動作</p>
T:	Come back. Hold the ball. Eyes on me.									
Ss:	Eyes on you.									
T:	This is a bounce. (demo) Everyone, say "Bounce."									
Ss:	Bounce.									

T:	Face forward. We bounce to pass. (place hula hoop on the ground, demo w/ another teacher or student, say “pass” to pass)		
T:	Everyone, say “Pass.”		
Ss:	Pass.		
T:	Say “Catch.”		
Ss:	Catch.		
T:	We bounce to pass. Pass and catch. Where does the ball bounce? (demo)		
S:	(volunteer) (point/say where the ball bounces, into the hula hoop)		
T:	Good! Bounce the ball into the hula hoop. Pass, bounce, catch. (demo)		
T:	Are you ready?		
Ss:	Ready!		
T:	Number 2, go get a hula hoop and put it down on the line. Go back. Eyes on me.		
Ss:	Eyes on you.		
T:	Number 1, hold the ball. Stand here. Number 2, here. Hands up. Bend your knees. Face forward. Eyes on the ball. Ready, go!		
Ss practice. Teacher walks around and reminds students to say “pass” and “catch,” keep eyes on the ball, bend their knees,” etc.			



(2)Pass the ball

胸前傳球：將學生兩兩一組，面對面排成兩排，球放於胸前，手臂伸直後利用手腕的力量將球向前傳出。



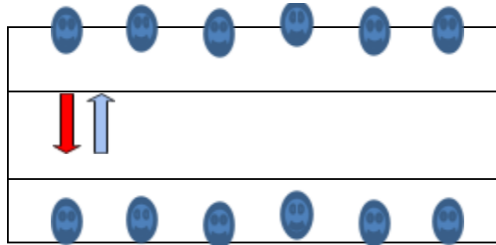
(2) Catch the ball.

雙手微開，手指頭打開，眼睛看著球，雙手維持在胸前，接觸到球後順勢後縮至胸前。

T:	Two people, one team. Number 1, hold the ball with two hands. <u>Face forward</u> and <u>pass the ball</u> .
T:	Number 2, <u>hands up!</u> Face forward. <u>Eyes on the ball!</u> (demo incorrect form (get hit in the face) and correct form (face forward, hands up, catch the ball)). Any questions? Are you ready?
T:	Two people, one team. (assign students a 1 or a 2). Number 1, here. Number 2, here. Number 1, hold the ball.
T:	Everyone, say "Pass." (demo hands away)
Ss:	Pass.
T:	Everyone, say "Catch." (demo catch)
Ss:	Catch.
T:	Number 1, say "Pass."
Ss (1):	Pass.
T:	Number 2, say "Catch."
Ss (2):	Catch.
T:	Good! Pass and catch. Ready, go!
Ss practice, and T walks around and reminds students to keep hands up, face forward, " <u>bend your knees</u> " and keep eyes on the ball.	

提醒傳球的學生不能太大力的傳球，避免直接打傷同學；提醒接球的同學眼睛要盯著傳球的人看，避免不注意漏接球或是被球打到。

(3)過頂傳球：學生兩兩一組，面對面排成兩排，球舉在頭部後上方，用手腕和手臂的力量將球往前甩。

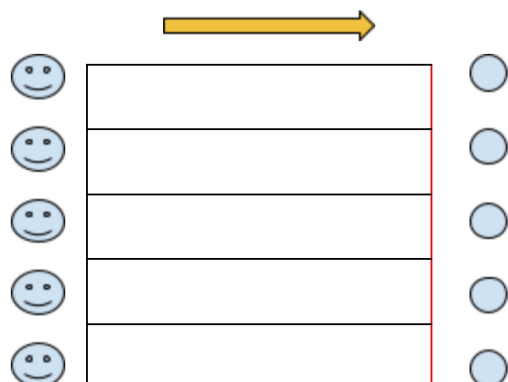


T:	Eyes on me.
Ss:	Eyes on you.
T:	What' s this? (points at head)
Ss:	Head!
T:	Great! This time, we will pass the ball over your head. Hold the ball and <u>raise the ball up and over your head.</u> (demo)
T:	Swing your arms and pass the ball.
T:	Everyone, say "Pass."
Ss:	Pass.
T:	Good, everyone, <u>eyes on the ball.</u> Number 1, <u>swing your arms and pass the ball.</u> Number 1, say "Pass."
Ss (1):	Pass.
T:	Number 2, <u>hands up! Bend your knees and catch the ball.</u> Number 2, say "Catch."
Ss (2):	Catch.
T:	Great! Stand up! Number 1, here. Number 2, here. Are you ready?
Ss:	Ready!

T:	Pass and catch the ball over your head. Ready, go!		
<p>Ss practice, and T walks around to remind students to keep their eyes on the ball, hands up to catch, and pass over their heads. Remind students to say “catch” and “pass” as they catch and pass.</p>			
<p>提醒傳球的學生不能太大力的傳球，避免直接打傷同學；提醒接球的同學眼睛要盯著傳球的人看，避免不注意漏接球或是被球打到。</p>			
<p>三、綜合活動(分鐘)</p>			
<p>1. 複習動作並引導學生說出英文 -Pass and catch. -Bounce to pass. -Over head to pass.</p> <p>2. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>3. 引導學生說出學習的困難點，並給予回饋。</p>			
<p>第二節結束</p>			
<p><第四節></p>			
<p>一、準備活動(分鐘)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let' s warm up!</p> <p>3. Run one lap. Go!</p>			
<p>二、發展活動(分鐘)</p>			
<p>Walk and dribble</p>			
<p>(1)走路運球 Walk and dribble 將學生分組，走路運球5公尺，球的高度約在腰部，來回之後交接下一棒。</p>			
T:	Time' s up! Number 1, put the ball away. Come back. What do you see? High dribble or low dribble? (demo high dribble)	<p>籃球(足球)、三角錐、呼拉圈</p>	<p>能夠重述指令並數數</p> <p>能夠依指令及要領完成動作</p>
Ss:	(respond- high, low, I don' t know, etc. (check for comprehension))		

T:	Great. This is a high dribble . Bounce up to your waist (demo). We are going to walk and dribble . Face forward . Like this (demo). Okay?		
Ss:	Okay!		
T:	Running teams (six teams) line up. Number 1, go get a ball. Dribble to here (show the line), turn around , and pass the ball (demo). Are you ready?		
Ss:	Ready!		
T:	Ready, go!		
Ss practice, go until every person in line has had 1 turn, stop and regroup, then go again. Remind students to walk , not run.			
<p>(2)跑步運球 Run and dribble 將學生分組，跑步運球 10 公尺，球的高度約在腰部，來回之後交接下一棒。</p>			
T:	Great job! Sit down, please. How did it go?		
Ss:	(respond- good, bad, I don' t know, etc.)		
T:	Let' s try running! Run and dribble (demo). Face forward . Run and high dribble the ball to the cone. Turn around . Pass the ball . Any questions?		
Ss:	(respond)		
T:	Are you ready?		
Ss:	Ready!		
T:	Ready, go!		
T reminds students to keep their eyes up, stay in their line, run and dribble. Offer encouragement.			
<p>(3)Run and dribble, then bounce. 將學生分成 6 組，在 15 公尺處放置呼拉圈，學生從起點開始運球，</p>			

運到 12 公尺處停下並對著呼拉圈進行胸前傳球/過頂傳球至呼拉圈，接著跑去將球檢回給下一棒。



T:	Time' s up! Go back, sit down! First person in line, hold the ball. Good. (place six hula hoops 15 m from the start line, place a cone in each lane 12 m from the start line, go back) Eyes on me.
Ss:	Eyes on you!
T:	How did it go?
Ss:	(respond, Chinese or English both okay)
T:	Okay, let' s dribble and then bounce. <u>Dribble the ball</u> to the cone. Stop. <u>Bounce the ball into the hula hoop.</u> Go pick up the ball. Run back. Like this (demo and repeat instructions while demoing). Any questions?
Ss:	(respond)
T:	Are you ready?
Ss:	Ready!
T:	Dribble and then bounce. Ready, go!
	T monitors Ss as they bounce the ball and as they pass off to the next S in line. T reminds students to stop and then bounce, stay in their own lane while dribbling, etc.

三、綜合活動(分鐘)

1. 複習動作並引導學生說出英文
 - Walk and dribble.
 - Run and dribble.
 - Run and dribble, then bounce.
2. 詢問學生原地運球和行進中運球的差異。
3. 請學生說出學習困難點，並給予回饋。

第四節 結束

能完整說
出自己想
法

<第五節>

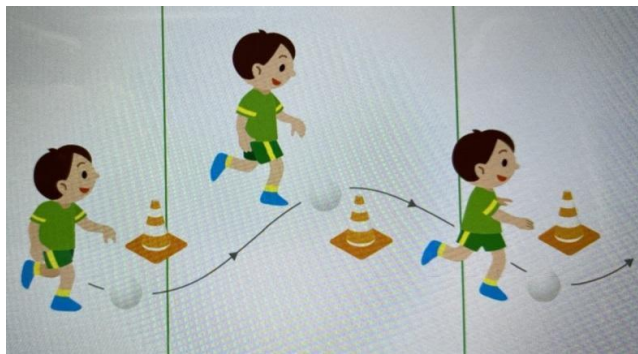
一、準備活動(分鐘)

1. T: Center, hands up.
Ss: Hands up.
T: Hands out.
T: Attention!
S:1, 2.

2. Let' s warm up!
3. Run one lap. Go!

二、發展活動(分鐘)

.S 型運球(蛇行運球) Snake Dribble: dribble and walk on the curved line(使用時機:快速運球推進突破防守時的活動)
擺上若干角椎，以 S 型運球方式通過角椎(可使用雙手運球或單手).



籃球(足
球)、角
椎

能夠重述
指令並數
數

能夠依指
令及要領
完成動作

T:	Sit down, please. Eyes on me.
Ss:	Eyes on you!
T:	What animal is this? (demo snake moving)
Ss:	(respond- snake, ____, I don' t know)
T:	A snake! We are going to be snakes. Dribble like a snake. What does that mean?

Ss:	(guess)
T:	Good! We face forward, dribble the ball and <u>follow the cones</u> , like a snake! (demo). Follow the cones to the end, hold the ball, and run back to your team (demo). Any questions?
Ss:	(respond)
T:	Great! We will have three teams. (T splits students up into Lane 2, 4, and 6). First person in line, go get a ball. Are you ready?
Ss:	Ready!
T:	Ready, go!
T reminds students to <u>face forward</u> , get ready, pass the ball, etc.	

2. 突破運球投擲高手(使用時機:使用 S 型運球後, 最終目的是要投籃) Snake and dribble, then bounce

使用 6 個跑道(2. 3. 4. 5. 6. 7 跑道), 每 3-5 人一組, 距離 15 公尺, 使用 S 型運球道 12 公尺後, 在 15 公尺地方有呼拉圈, 投擲進呼拉圈內, 並撿球後給下一位(教具:角錐、球、呼拉圈)。



T:	Great job! Sit down, please. Hold the ball. Eyes on me.
Ss:	Eyes on you.
T:	Let' s look! What do you see? (point at hula hoop if needed)

Ss:	Hula hoop!
T:	Great! We are going to <u>dribble and run</u> , then bounce. Dribble and follow the cones, then stop and <u>bounce into the hula hoop</u> . Like this! (demo) Any questions?
Ss:	(respond)
T:	Okay! Stand up, please. First person in line, hold the ball. Ready, go!
	Ss practice. T walks around and reminds students not to bounce too high or low, stop, look forward, and bounce, etc.



3. 運球紅綠燈 Stop, go, dribble! (教具:球)

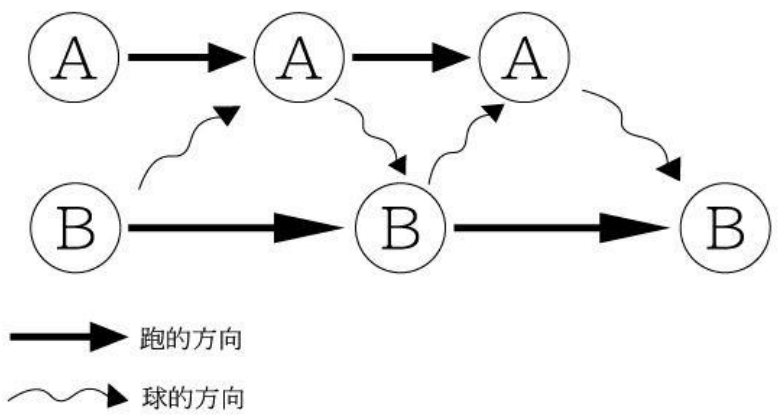
- 分成 2-3 組，每組 6-8 人
- 每組派 2-3 人不持球抓運球者
- 運球者可自由運球，快抓立刻禁止喊「紅燈」。
- 靜止者需要由自由運球者，觸碰才能繼續運球。
- 被抓到者互相交換角色。

T:	Great! Time' s up! Sit down, please. How did it go?
Ss:	(respond)
T:	We are going to play a game. We need three teams. You are Team 1. You are Team 2. You are Team 3. (point at three teams sitting down from

	previous two activities. Team 1, raise your hand. Team 2, raise your hand. Team 3, raise your hand. Good!		
T:	Three people are “it.” Team 1, stand up. 1, 2, 3, you are “it.” Let’s think, what is it?		
Ss:	(think and respond)		
T:	(explains in Chinese, repeats in English (or vice-versa)) You three are “ <u>it</u> .” Everyone else gets a ball. You <u>run and dribble</u> . Like this (demo). If you are it, you run and tag. Everyone, say “tag.”		
Ss:	Tag.		
T:	Good, if “tag” then they take the ball. (demo- tagged person gives the ball to It when they are tagged). But wait! If you say “ <u>red light</u> ” before you are tagged, (clarify in Chinese), you freeze (demo). Everyone, say “red light.”		
Ss:	Red light.		
T:	Good. “Red light” and freeze. (demo). What is “red light” ?		
Ss:	(respond)		
T:	Good! Red light means stop. Hold the ball. Wait for a tag. (demo/guide a demo of a student running over to unfreeze). Any questions?		
Ss:	(respond)		
T:	Let’s try. Team 1, play. Team 2 and Team 3, watch. Team 1, run and dribble. 1, 2, and 3 (point) you are it! Ready, go!		
	T watches first practice round to check for clarification. Remind students to keep dribbling as they run. Pause the game if needed to clarify difference between “red light” and “tag.”		
三、綜合活動(分鐘)			

<p>1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。 2. 引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第五節 結束</p>		<p>能完整說出自己想法</p>
<p style="text-align: center;">〈第六節〉</p> <p>一、準備活動(分鐘) 1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2. 2. Let' s warm up! 3. Run one lap. Go!</p> <p>二、發展活動(分鐘) 1. 雙人跑動傳球 Partner run and pass(使用時機:無運球的狀態使用傳球突破防守者，原因減少運球失誤) 使用胸前傳球或過頂傳球，來完成邊跑邊傳的動作</p>	<p>籃球(足球)、角錐</p>	<p>能夠重述指令並數數</p> <p>能夠依指令及要領完成動作</p>
<p>T:</p>	<p>Eyes on me!</p>	
<p>Ss:</p>	<p>Eyes on you!</p>	
<p>T:</p>	<p>Great! Let' s pass the ball with a partner. Two teams. This line, A. That line, B. A raise your hand.</p>	
<p>Ss (A):</p>	<p>(raise hands)</p>	
<p>T:</p>	<p>Good, hands down. B raise your hand.</p>	
<p>Ss (B):</p>	<p>(raise hands)</p>	
<p>T:</p>	<p>Good, hands down. T says "Go!" and A runs to here (demo). Then B passes the ball to A. B says "pass." Everyone, say "pass."</p>	
<p>Ss:</p>	<p><u>Pass.</u></p>	
<p>T:</p>	<p>A catches the ball. A says "catch." Everyone, say "catch."</p>	

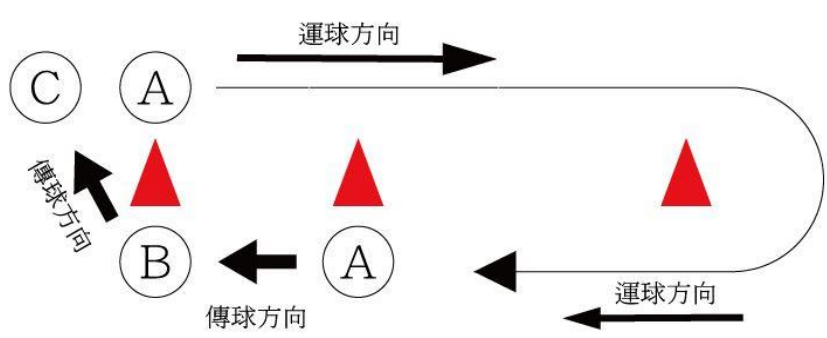
Ss:	<u>Catch.</u>
T:	Good, now B, <u>run forward in a straight line.</u> Stop. Turn. <u>Hands up. Eyes on the ball.</u> A pass to B. Like this (demo). Any questions?
Ss:	(respond)
T:	When A and B get to the finish line, they run back and pass the ball to the next person in line (demo). Okay?
Ss:	Okay!
T:	Great! Stand up! Here is a ball, A. Ready, go!
	Ss take turns, T stops the activity if there are any problems with comprehension, reminds students to say “pass” and “catch” as they go. Can do one round and then discuss chest pass vs. overhand toss.



2. 雙人運球傳球(使用時機:當運球填道防守者上前貼近防守時,可以使用傳球給隊友,原因減少運球突破的失誤)(教具:角錐、球)

Partner dribble and pass

兩人或三人一組,一人運球到指定位置在傳球給另一人

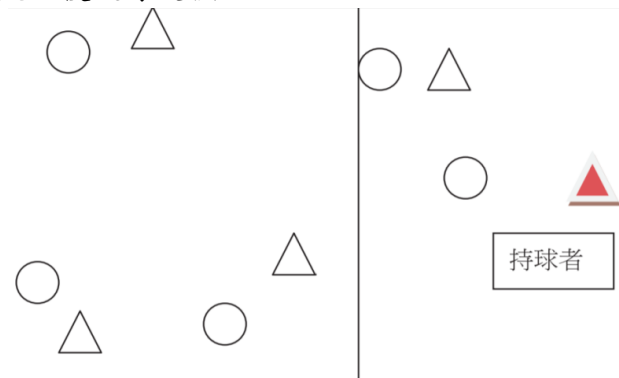


T:	Great! Go back. Sit down please. Eyes on me.
Ss:	Eyes on you!
T:	How did it go? Was it hard to run and then catch? Why? Chinese or English are both okay!
Ss:	(respond)
T:	Now let' s dribble and pass. What do you see? (point to three cones)
Ss:	(respond)
T:	Great! We have three cones. <u>Cone 1</u> (point). <u>Cone 2</u> (point). <u>Cone 3</u> (point). Three people, one team. (according to prior groupings)
T:	Each team has A, B, C. Can I get a volunteer group? (Have one team stand up.) Each team has A, B, C (point). A, stand at the first cone (demo). B, stand here (demo). C, stand behind A (demo). Great. A, dribble and run around Cone 3 (demo). At Cone 2 (point), stop and pass the ball to B (demo). Great! Now B, pass the ball to C. Okay?
T:	One more time. Let' s look. Reset. A dribble and run around Cone 3. A pass to B. B pass to C. (demo). Any questions?
Ss:	(respond)
T:	Okay! Stand up! Line up by your cones. Ready, go!
	T walks around and helps students reset and reminds students to stop and pass, run around the cone, etc.

3.傳球爭奪賽 Pass the ball competition(教具:角錐,球)

- 每 8 人一組,一攻一守,可以同時兩個場地進行.
- 為開始持球者,傳給隊友,連續十次成功獲勝,防守方可以干

擾傳球，失誤後攻守交換



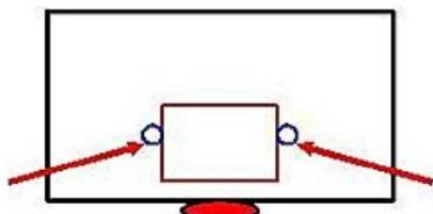
T:	Time' s up! Stop. Come back. Eyes on me!
Ss:	Eyes on you!
T:	How did it go?
Ss:	(respond)
T:	Let' s play a game! The game is two pass the ball. 4 people, 1 team, and 1 team plays another team. So 4 people versus (demo) 4 people. Team 1, 4 people. Team 2, 4 people. Team 1 starts with the ball. One person holds the ball. Don' t move. Pass the ball to your team. One pass = one point. Team 2, try and stop the ball! Let' s practice. You are Team 1 (1, 2, 3, 4), stand here. You are Team 2 (1, 2, 3, 4), stand here. (demo).
T:	Any questions?
Ss:	(respond)
T:	Great! Team 1 and Team 2, you start. First team to 10 points wins! Okay?
Ss:	Okay!
T:	Ready, go!
	First two teams practice and T stops the game to clarify rules and

	<p>check for comprehension. As the students practice, T reminds students to <u>stop and pass the ball</u> and <u>block the pass</u>.</p>		
<p>三、綜合活動(分鐘)</p> <p>1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2. 引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第六節 結束</p>			<p>能完整說出自己的想法</p>
<p style="text-align: center;">〈第七節〉</p> <p>一、準備活動(分鐘)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention! S:1, 2.</p> <p>2. Let' s warm up!</p> <p>3. Run one lap. Go!</p> <p>二、發展活動(分鐘)</p> <p>1. 解說籃下投籃要領及方式(雙手投籃)</p> <ul style="list-style-type: none"> • 雙手放置胸前 • 雙手成八字並且手指頭是自然貼住球體且手掌心不能碰觸球 		<p>籃球(足球)、角錐</p>	<p>能夠重述指令並數數</p> <p>能夠依指令及要領完成動作</p>
T:	Let' s shoot the ball! (demo) Everyone say, “shoot the ball”		
Ss:	Shoot the ball.		
T:	What is “shoot the ball”?		
Ss:	(respond with Chinese translation or explanation or demo)		
T:	Great. <u>Shoot the ball with two hands</u> . Like this? (demo with one hand) No! Two hands (demo with two hands).		
T:	Everyone, <u>hands up</u> and out (demo hands up in front of chests). Hands make an “eight.” Like this.		
Ss:	(practice hand position)		

T:	Like when we dribble, palms do not touch the ball. Use your fingers. (demo dribbling the ball with finger pads). When you shoot, it's the same. (demo holding the ball with finger pads to shoot) Like this? (demo improper placement)
Ss:	No! (can have a student come up to demo proper placement)
T:	Let's practice! Push the ball up and away to shoot the ball. Like this! (demo)
T:	Are you ready?
Ss:	Ready!
T:	Line up, please! Ready, go!
	Ss practice in a line and T reminds students to use two hands, push ball up and away to shoot, and then run and go get the ball and come back.

2. 籃下擦板投籃 Bank shot (使用時機:擦板投籃可以增加投籃成功率)(教具:球)

- 雙手呈現投籃姿勢
- 眼睛看籃板紅色框框，並適當的出力擊中紅色框框左或右上角附近。



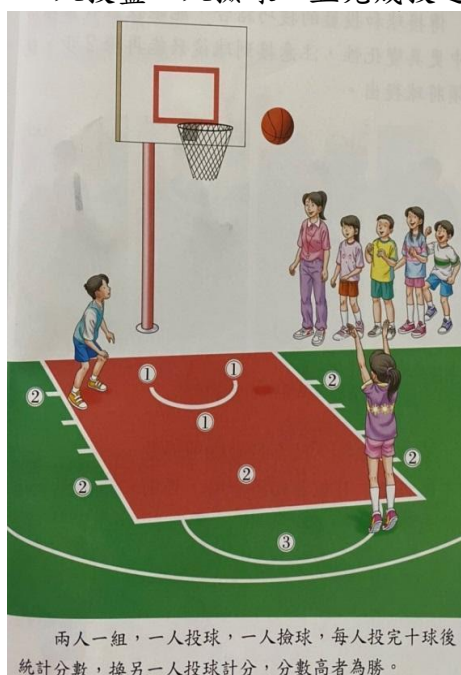
在20至40度擦板，瞄準點為紅色框由上1/3位置，亦即紅色箭頭所指藍色圓圈

T:	Great job! Everyone, come back. Sit down, please. How did it go?
Ss:	(respond)
T:	Let's look. What do you see? (point at basketball hoop)

Ss:	(respond- hoop, square, etc.)		
T:	Good! Do you see a square? (demo square with hands)		
Ss:	(respond)		
T:	Here is the square. (point) Shoot the ball to hit the top of the red square. Like this! <u>Hands up. Hold the ball with two hands. Shoot the ball up and away.</u> (demo)		
T:	Any questions?		
Ss:	(respond)		
T:	Okay! Stand up. Line up, please! Ready, go!		
	Ss practice one after the other, running to go get the ball after they shoot. T reminds students to first lift their hands up and then use two hands to shoot the ball up and away. Aim for the square!		

3. 我是定點投籃高手 Set shot(使用時機:當油漆區有防守者時可以使用定點投籃方式增加得分成功率,也可以避免差撞受傷風險)(教具:角錐,球)

- 兩個人一組,一人投籃一人撿球。並完成投進 3~5 顆球。



T:	Now let' s try a set shot. Two people, one team. One person shoots the ball, the other person catches. Everyone, say "shoot."		
Ss:	Shoot.		
T:	Everyone, say "catch."		
Ss:	Catch.		
T:	Good! One person shoots and the other person catches. Like this. Can I get a volunteer? (use volunteer or other teacher to demo)		
T:	Any questions?		
Ss:	(respond)		
T:	Great! Each team shoot 3 times per person. One person shoot 3 times then switch. Then pass the ball to the next person. Okay?		
Ss:	Okay!		
T:	Stand up! Line up, please. 1, 2 (point) you go first! <u>Hold the ball with two hands. Say "shoot!" Catch the ball.</u>		
T:	That' s three times! Good job. Switch!		
T:	Okay, next two people in line. Ready, go!		
<p>三、綜合活動(分鐘)</p> <p>1. 要學生說說今天自己的表現，並也說出同學表現很好的部分。</p> <p>2. 引導學生說出學習的困難點，並給予回饋。</p> <p style="text-align: center;">第七節 結束</p>			能完整說出自己想法
<p style="text-align: center;"><第八節></p> <p>一、準備活動(分鐘)</p> <p>1. T: Center, hands up. Ss: Hands up. T: Hands out. T: Attention!</p>			能夠重述指令並數數

- S:1, 2.
 2. Let' s warm up!
 3. Run one lap. Go!

二、發展活動(分鐘)

1. 複習籃下投籃

2. 綜合練習:

(1)地板傳球定點投籃 Bounce pass, and set shot(使用時機:當運球者遇到防守者阻擋時,可以使用傳球後給隊友得分機會,增加得分機率)(教具:角錐,球)

- 分成 A 組(傳球)B 組(投籃)
- A 組站在紅色區域罰球線附近 B 組站在左右紅色區域底線附近
- A 組傳給 B 組投籃
- A 組傳完後跑到 B 組後面排隊準備投籃
- B 組投完後跑到 A 組後面排隊準備傳球



籃球(足足)、角錐

能夠依指令及要領完成動作

T:	Okay! Let' s bounce pass and shoot! We will have two teams. Team A, line up here (free throw line). Team B, line up here (closer to the basket). Team A, bounce pass the ball to Team B! Everyone say, "pass!"
Ss:	Pass.
T:	Good. Team B, catch and shoot . Everyone, say "catch and shoot!"
Ss:	Catch and shoot!
T:	Great! Any questions?
Ss:	(respond)

T:	Good. After you pass or shoot the ball, <u>run to the end of the other line</u> . Like this. (demo whole sequence).
T:	Remember, use two hands to pass, catch, and shoot. Everyone, <u>hands up!</u> Good, two hands. Are you ready?
Ss:	Ready!
T:	Line up, please. Ready, go! Good, pass, catch, shoot, and run to the other line.
	Ss practice and T directs students to run to the other line after they pass or shoot. Remind students to keep their <u>eyes on the ball</u> .

(2)運球定點投籃 Dribble and set shot(使用時機:當運球前方遇到防守者阻擋時,可以使用定點投籃減少突破運球失誤的風險)(教具:角錐,球)

- Same team: 分成 AB 兩組到中場準備運球到紅色區域做定點籃下投籃 (兩組同時出發)



T:	Great job! Time' s up. Come back. Sit down, please. How did it go?
Ss:	(respond)
T:	Let' s <u>dribble, stop and shoot</u> . Dribble to the line, stop, and shoot. Like this. (demo) Any questions?
Ss:	(respond)

T:	Team A, line up here. Team B, line up here. One person from Team A and one person from Team B both dribble, stop and shoot. Then, <u>run to the end of your line!</u> Are you ready?		
Ss:	Ready!		
T:	Great! Dribble, stop, and shoot. Stand up. Line up, please. A, here. B, there.		
	Ss practice and T guides students to the line to shoot and back to the end of their lines. Remind students to bring their hands up, use two hands to shoot up and away.		
<ul style="list-style-type: none"> Different team: A 組從籃框左邊投籃，B 組從籃框右邊投籃，投完後 A 組到 B 組後面，B 組到 A 組後面。 			
T:	Time' s up! Great job. Hold the ball. Come back and sit down, please. How did it go?		
Ss:	(respond)		
T:	Let' s try a different way. This time, Team A line up here (point) and Team B over there (point). <u>Dribble, stop, and shoot.</u> Then, <u>run to the end of the other line.</u> What is "other line" ?		
Ss:	(respond)		
T:	Great! Dribble, stop, and shoot. Then, run to the end of the other line. Are you ready?		
Ss:	Ready!		
	Ss practice and T guides new traffic pattern.		
<p>三、綜合活動(分鐘)</p> <ol style="list-style-type: none"> 要學生說說今天自己的表現，並也說出同學表現很好的部分。 引導學生說出學習的困難點，並給予回饋。 <p style="text-align: center;">第八節 結束</p>			
			能夠完整說出自己的想法

