

二年級英語融入健體領域體育課教學之教學設計與評量-主題二

主題名稱		呼拉圈	教學設計者	簡雯敏老師
教學對象		二年級	教學節次	第五節(共五節)
領綱 核心素養指標		<p>健體-E-A1 具備良好身體活動習慣，以促進身心健全發展，發展運動與保健的潛能。</p> <p>健體-E-A2 具備探索身體活動的能力，並透過體驗與實踐，處理日常生活中運動的問題。</p> <p>健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。</p>		
領綱 學習 重點	學習 表現	<p>1c- I -1 認識身體活動的基本動作。</p> <p>2c- I -1 表現尊重的團體互動行為。</p> <p>2c- I -2 表現認真參與的學習態度。</p> <p>2d- I -1 專注觀賞他人的動作表現。</p> <p>2d- I -2 接受並體驗多元性身體活動。</p> <p>3c- I -1 表現基本動作與模仿的能力。</p> <p>3c- I -2 表現安全的身體活動行為。</p>		
	學習 內容	<p>Ab- I -1 體適能遊戲。</p> <p>Bc- I -1 各項暖身伸展動作。</p> <p>Ce- I -1 其他休閒運動入門遊戲。</p>		
教學方法		實作教學、遊戲教學。		
學習目標		<p>1. 學生能運用呼拉圈，進行搖、跳等全身性的運動。</p> <p>2. 學生能運用搖、跳呼拉圈等基本動作，進行一連串組合性之遊戲。</p>		
學科先備知識		<p>1. 學生可以掌握四要領，原地搖呼拉圈(Hula Hoop in Place)。</p> <p>2. 學生可以原地跳並搖呼拉圈(Jump and Hula Hoop in Place)。</p>		
語言先備知識		<p>1. 學生已能聽說隊形及暖身操英文語句。</p> <p>2. 學生已能聽懂以下呼拉圈基本動作指令，並正確做出動作。</p> <p>(1) Place on my back.</p> <p>(2) Twist my waist.</p> <p>(3) Push the hula hoops.</p> <p>(4) Rotate the hula hoops.</p> <p>(5) Let's hula hoop in place and count.</p> <p>3. 學生已能聽懂常用英文課室用語，並正確做出動作或回應。</p>		
目標英語		Language of Learning	<p>1. Let's do Hula-walking</p> <p>2. Run and jump over the hula hoop.</p> <p>3. Jump and hop in the hula hoops.</p>	
		Language for Learning	<p>1. On my mark. Get set. Push. Rotate.</p> <p>2. Round 1/Round 2.</p> <p>3. Place on my back.</p> <p>4. Twist my waist.</p> <p>5. Push the hula hoop.</p> <p>6. Rotate the hula hoop.</p> <p>7. ___ students in a team/line.</p> <p>8. Walk from the gray line to the white line.</p> <p>9. Hang the hula hoops on your shoulders.</p> <p>10. Sit inside the hula hoops.</p>	

	Language through Learning	<ol style="list-style-type: none"> 1. Is everybody here? 2. Who is not here? 3. Check your sportswear and sneakers. 4. Hooray! 5. Give them a big hand. 6. Good job. 7. The class is over. 8. Don't forget your water bottles and clothes. 9. See you next week. 	
教學活動		教具	評量
<p style="text-align: center;"><第五節></p> <p>一、準備活動 (10 分鐘)</p> <ol style="list-style-type: none"> 1. 師生問候(Greetings) <ul style="list-style-type: none"> T: Good morning/afternoon. 2. 慢跑操場 1 圈。 <ul style="list-style-type: none"> T: Line up on the track. You jog 1 lap on your track. Hands up. Go! 3. 點名(Roll call) <ul style="list-style-type: none"> T: Is everybody here? / Who is not here? / Why? T: Check your sportswear and sneakers. 4. 師生做暖身操(warm-up) <ul style="list-style-type: none"> T: Everyone! Ss: Here! T: Spread out! Ss: Go! T: Center! Ss: Hands up! T: Look at the center. Ss: Hands forward. T: Look forward. Ss: Hands down. T: Who are the warm-up teachers today? Please hands up. T: Today who says 1,2,3,4? Ss: Team xx. T: Who says 5,6,7,8? Ss: Team xx. T: Number 1 is? T+Ss: Tilt the head. T: Number 2? T+Ss: Rotate wrists and ankles. T: Number 3? T+Ss: Rotate knees. T: Number 4? T+Ss: Squat down and stand up. T: Number 5? T+Ss: Arms push forward and up. T: Number 6? T+Ss: Small arm circles. T: Number 7? T+Ss: Big arm circles. T: Number 8? T+Ss: Clap hands. T: Number 9? T+Ss: Twist waists. T: Do two more exercises. Ss: Rotate waists. Tr: Slowly.→ Fast. T: Number 10? T+Ss: Bend back forward and backward. T: Number 11? T+Ss: Do the lunge. T: Number 12? T+Ss: The head touches toes and close your body. T: Number 13? T+Ss: Straighten and bend the legs. T: Number 14? T+Ss: Run in place. T: How many steps do you run? Ss: 80 steps. T: 2 rounds. Round 1, you count. Go! Round 2, I count. Go! T: Number 15? T+Ss: Jumping Jacks. T: How many times do you do? Ss: 30 times. T: Number 16? T+Ss: March in place. T: Number 17? T+Ss: Hold up knees. T: Number 18? T+Ss: Breathe in and breathe out. T: Everyone! Ss: Here! 			<p>學生能聽懂英文指令並以英文回應。</p> <p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

T: Assemble! Ss: Go!
 T: Today's warm-up teachers are Teacher ____ and Teacher ____.
 Give them a big hand.
 Ss: (Clap hands.) Good job!
 S1&2: Thank you. Ss: You're welcome!
 T: Assemble here! Sit down. Ss: I sit down.
 T: Listen to me. Ss: Listen to you.

二、發展活動 (20 分鐘)

1. 原地搖呼拉圈(Hula Hoop in Place)

(1) 師生複習搖呼拉圈四要領。

(①將呼拉圈放在背後②扭腰③手推呼拉圈④轉動呼拉圈)

T: Tell me how to hula hoop. Tip 1. You?

Ss: Place on my back.

T: Tip 2. You?

Ss: Twist my waist.

T: Tip 3. You?

Ss: Push my hula hoop.

T: Tip 4. You?

Ss: Rotate my hula hoop.

(2) 原地搖呼拉圈: 計 30 秒, 兩回合練習並數圈數。(師生討論圈數進步的訣竅: 擺弓箭步。)

T: Let's hula hoop in place and count.

T: 30 seconds. 2 rounds.

T: Round 1. Are you ready?

Ss: Yes! On my mark! Get set! Push. Rotate!

T: Time's up! Please sit inside the hula hoops.

T: You can try to do the lunge and rotate the hula hoops.

Round 2. Are you ready?

Ss: Yes! On my mark! Get set. Push. Rotate!

T: Time's up! Please sit inside the hula hoops.

2. 邊走邊搖呼拉圈(Hula-walking): 學生四人一組, 進行練習。

(師生討論訣竅: 以側面前進取代面向前行。)

T: Now 4 students in a team. Let's do Hula-walking!

You rotate the hula hoop and walk from the gray line to the white line. When you finish, please hang the hula hoop on your shoulder, then walk back to your team. Are you ready?

Ss: Yes! T: (Blow the whistle.)

T: You can walk sideways to do Hula-walking. Now let's try again!

3. 邊跑邊跳呼拉圈(Run and jump over the hula hoop): 學生四人一排練習。(師生討論訣竅: 呼拉圈甩遠一點, 步伐跨大些。)

T: Now let's run and jump over the hula hoop! You turn and jump over the hula hoop from the gray line to the white line.

4. 跳躍呼拉圈(Jump and hop in the hula hoops): 分四組進行練習。(師生討論訣竅: 單腳跳躍時, 放慢速度, 穩住重心)

T: 8 hula hoops and 1 traffic cone in a line.



(the starting line)

T: You stand behind the white line. The others stand behind the gray line. You run to the hula hoops. And jump and hop in the hula

學生能專心聽講, 並依指令完成原地搖呼拉圈、邊走邊搖呼拉圈、邊跑邊跳呼拉圈、跳躍呼拉圈等動作。

呼拉圈
數個

呼拉圈
數個

呼拉圈
數個

呼拉圈
數個
交通錐
8 個

hoops. Then run around the traffic cone, jump and hop again and run back to the white line.

三、綜合活動(10分鐘)：呼拉圈派對(團體接力賽)

1. 分四隊進行，原地搖呼拉圈十次後，邊走邊搖呼拉圈至交通錐，並將呼拉圈套至交通錐，接著以跳躍方式完成地上擺放之呼拉圈，繞過交通錐後，重複進行地上呼拉圈的跳躍，最後拾起呼拉圈，以跑步跳方式回到起點，交接給下一棒。

T: Let's play the relay game. Make 4 teams. Rotate the hula hoop in place and count to 10. Do Hula-walking to the traffic cone. Put down the hoop here. Jump and hop in the hula hoops. Then run around the traffic cone. Jump and hop again. Pick up and jump over the hoop back to your team. Pass the hula hoop to the next one.

T: Now let's play this game. Are you ready? (Blow the whistle.)



2. 宣布比賽結果。

T: The winner is Team ___!

Ss(Team __): Yeah! Hooray!

T: The class is over. Don't forget your water bottles and clothes.

Ss: Goodbye, teacher! Goodbye, everyone!

T: Goodbye! See you next week!

呼拉圈
數個
交通錐
8個

學生能依指令做出正確動作及回應，以原地搖呼拉圈、邊走邊搖呼拉圈、跳躍呼拉圈、邊跑邊跳呼拉圈等動作，與同儕合作，進行團體遊戲。