

領域/科目	健體領域		設計者	廖柏勳
實施年級	6 年級 24 人		總節數	共 1 節，40 分鐘
主題名稱	上籃高手			
教學單元活動設計				
學習目標	<ol style="list-style-type: none"> 1. 學生能做出上籃動作 2. 學生能帶球上籃 3. 學生能判斷是否走步 			
學習表現	<p>1c-III-1 了解運動技能要素和基本運動規範。</p> <p>1c-III-3 了解身體活動對身體發展的關係。</p> <p>1d-III-1 了解運動技能的要素和要領。</p> <p>1d-III-2 比較自己或他人運動技能的正確性。</p> <p>2c-III-3 表現積極參與、接受挑戰的學習態度。</p> <p>4c-III-2 比較與檢視個人的體適能與運動技能表現。</p>			
教學用英語	Classroom Language	<ol style="list-style-type: none"> 1. Time for class. 2. Hold your balls. 3. Make ___ lines. 4. Let's do the warm-up. 5. Do you understand? 6. I will divide you into ____ groups. 7. It's practice time. 8. Class dismissed. 9. Did anyone get hurt? 10. Who is not here? 11. Are you okay? 		
	Target Language	<ol style="list-style-type: none"> 1. lay-up (stride→step→lay-up) 2. over-hand finish, under-hand finish, side-on finish 3. traveling 		
教學活動內容及實施方式				時間
<p>一、 Warm-up</p> <p>A. Warm-up</p> <p>a. 動態暖身操(Warm-up sequence):</p> <ol style="list-style-type: none"> i. arm circle → backwards → arm scissors → star jump → toe touch → hip joint → calf ii. 單腳起跳熱身練習: one leg jump practice (lift right hand and knee up at the same time) 				5 mins
<p>二、 Presentation-Passing</p> <p>A. 上籃動作分解教學(lay-up)</p> <p>a. 分解動作教學 1</p> <ol style="list-style-type: none"> 1. 上籃步練習(lay-up step practice) step→lay-up 2. 跨步上籃練習 stride(跨過圓盤角椎)→step→lay-up <p style="text-align: center;">* over-hand finish, under-hand finish, side-on finish 教學</p> <p>B. 學生分組練習 1(Practice time1)</p>				20 mins

<p>b. 分解動作教學 2</p> <ol style="list-style-type: none"> 1. 帶球跑跨步上籃練習 hold your ball, run few steps, and lay-up 2. 帶球跑，運一球，跨步上籃 hold your ball, run few steps, one dribble and do lay-up <p>*走步解說 (traveling violation)</p> <p>C. 學生分組練習 2(Practice time2)</p> <p>三、 Wrap-up</p> <p><u>進攻挑戰賽 (Scoring challenge)</u></p> <ol style="list-style-type: none"> a. 教師解說練習活動基本規則 <ol style="list-style-type: none"> i. Teacher divide the class in to four gourps. ii. Everyone in the group take turns to do shooting or lay-up. iii. Points: Lay-up=2 / Shoot=1 iv. The game time is 5 minutes. v. The team with the most tennis ball will be the winner. b. 分隊練習(Practice time) c. 進行比賽(Game Time) d. 教師總結課程，並預告下次課程(Conclusion) 	15 mins
<p>試教成果 或 教學提醒</p>	