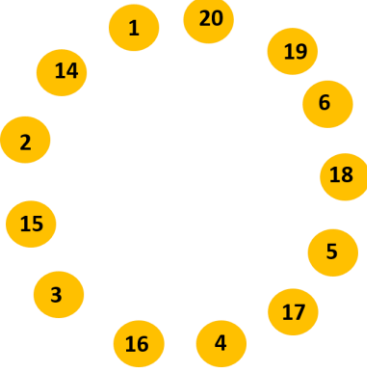


# 110 學年度第二學期臺北市文山區萬興國民小學

## 一年級英語融入體育領域教學之教案設計 Yoga Ball

<b>單元名稱</b>	康軒版第二冊 第四單元 玩球樂 第三課 滾動新樂園	<b>教學設計者</b>	陳昕
<b>學習對象</b>	一年級(一年 2 班)	<b>學習節次</b>	1 節課(40 分鐘)
<b>學習表現</b>	健體 2c-I-2 表現認真參與的學習態度 2d-I-2 接受並體驗多元性身體活動 3c-I-1 表現基本動作與模仿的能力。 3d-I-1 應用基本動作常識，處理練習或遊戲問題。 4d-I-2 利用學校或社區資源從事身體活動。		
<b>學習內容</b>	健體 Bc-I-1 各項暖身伸展動作 Cb-I-2 班級體育活動 Ga-I-1 走、跑、跳與投擲遊戲。 Hd-I-1 守備/跑分性球類運動相關的簡易拋、接、擲、傳之手眼動作協調、力量及準確性控球動作		
<b>學習目標</b>	1. 做出滾動抗力球、將抗力球推滾出去的動作。 2. 與同儕做出抗力球傳、接練習。 3. 在遊戲中與同學互動交流，認真投入。		
<b>教學方法</b>	示範教學法、觀察法、循環練習法		
<b>教學資源</b>	阻力球 x4、角錐 x4、數字地墊(1-30 號)、背景音樂(節奏快)		
<b>學科英語詞彙</b>	yoga ball / fitness ball / Swiss ball / body ball / gym ball verbs: roll, pass, hold, push, catch, stop, run, balance		
<b>學科英語句型 (視教材內容)</b>	<b>課式用語</b> Good mooring! Bring your water bottle. Let's go. Line up please. Stand up. Sit down. Eyes on me (eyes on you). Listen carefully. Excellent! You're doing great!		

	<p>Give it a try! See you next time.</p> <p><b>活動/遊戲用語</b></p> <p>Hold / the yoga ball like this. Pass the yoga ball to your partner. Go/come back. Let's make a big/small circle. Roll the yoga ball all the way to the cone, and go back. We turn left, and then turn right. (zigzag) Stop the yoga ball. Stand next to the cone.</p>		
<b>學習活動設計</b>			
活動內容與實施方式	教學資源	時間	評量
<p><b>壹、準備活動</b></p> <p>一、集合、跑步 Good mooring! Please put down your water bottle and line up. Run on the track for 1 lap.</p> <p>二、動態暖身 Jogging on the spot Star jumps Arm circles Arm scissors Body/Knee/Ankle rolls Toe touches</p> <p><b>貳、發展活動</b></p> <p>一、抗力球-接龍</p> <ol style="list-style-type: none"> <li>Line up and sit down, please.</li> <li>Hold the yoga ball like this, and pass it to the person behind you. (demo) When the last person gets the ball, pass it back to the front person.</li> <li>Let's practice!</li> </ol> <p>二、抗力球-單人抱球繞角錐</p> <ol style="list-style-type: none"> <li>分組：分成兩組，一組 13~14 人。 We have Team 1, Team 2. Please line up.</li> <li>Hold the yoga ball and go straight to the cone, and turn back. Make sure you hold the ball on the way, don't let it drop. (demo)</li> </ol>	<p>阻力球 角錐</p>	<p>10 分</p> <p>15 分</p>	<p>確實做暖身動作、一起報數</p> <p>做出滾動抗力球、將抗力球推滾出去的動作</p>

<p>3. Pass the ball to the next person after finish.</p> <p>三、抗力球-單人滾球繞角錐</p> <p>1. Roll the yoga ball to the cone, and turn back. Make sure you keep away from the cone, which means you can't touch the cone. don't let it drop. (demo)</p> <p>2. Pass the ball to the next person after finish.</p> <p>四、抗力球-單人向前滾球、接球</p> <p>1. Push the yoga ball to the cone, and you run to the cone to stop it.</p> <p>2. Pass the ball to the next person after finish.</p> <p>五、抗力球-團體滾球、擲/拋球</p> <p>1. 分組：分成兩組，一組 13~14 人。 Find your number and stand on it.</p>  <p>2. Roll the yoga ball to the person next to you. Try to roll faster.</p> <p>3. Game: <b>Boom!</b> When you hear the music, start passing the ball to others. You can give it to anyone, it doesn't have to be the one next to you. When the music stop. Boom! The one who holds the yoga ball has to dribble it for 10 times.</p> <p>參、綜合活動</p> <p>一、統整遊戲、觀察與分享</p> <p>1. Discuss and share: How do you roll/pass/push the yoga ball faster?</p> <p>二、收拾器材、整隊</p> <p>1. 指定學生協助收拾器材。 Collect all the cones and balls please.</p> <p>2. 整隊。 Everyone, line up, please. See you next time!</p>	<p>阻力球 音樂 數字地墊</p>	<p>10 分</p> <p>5 分</p>	<p>與同儕做出抗力球傳、接練習</p> <p>分享想法、收拾器材</p>
--	----------------------------	------------------------	---------------------------------------