

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 Frisbee

單元名稱	康軒版第二冊 第五單元 伸展跑跳樂 第一課 運動安全又健康	教學設計者	陳昕
學習對象	一年級(一年 5 班)	學習節次	1 節課(40 分鐘)
學習表現	健體 1c-I-1 認識身體活動的基本動作。 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。 3b-I-1 能於引導下，表現簡易的自我調適技能 3b-I-2 能於引導下，表現簡易的人際溝通互動技能。 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。		
學習內容	健體 Bc-I-1 各項暖身伸展動作。 Cb-I-2 班級體育活動。 CeI-1 其他休閒運動入門遊戲。 Ic-I-1 民俗運動基本動作與遊戲。		
學習目標	1. 正確做出飛盤反手投擲的動作，且控制力道、方向。 2. 聽懂遊戲任務，利用反手投擲飛盤的要領，擊中目標物。 3. 在活動過程中，思考使用不同種類飛盤的差異，願意分享看法、傾聽他人的想法。		
教學方法	示範教學法、觀察法、循環練習法		
教學資源	軟式泡棉飛盤 x30、軟式橡膠飛盤 x30、籃子(大回收籃) x3-5、大巧拼墊 x6		
學科英語詞彙	Frisbee / disc, foam Frisbee(左下圖), rubber Frisbee(右下圖) backhand, mat, basket, arm, shoulder, chest, hand verbs: catch, throw, move, flick, step out		
學科英語句型 (視教材內容)	課式用語 Good mooring! Bring your water bottle. Let's go. Line up please. Stand up. Sit down.		



	<p>Eyes on me (eyes on you). Don't worry Listen carefully. Excellent! You're doing great! Give it a go! See you next time.</p> <p>活動/遊戲用語</p> <p>Thumb on top of the Frisbee. Four fingers under the rim. Arm out straight. Don't move your shoulder too much. Chest to the mat / (<u>target</u>). Let's take turns.</p>
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學習活動設計

活動內容與實施方式	教學資源	時間	評量
<p>壹、準備活動</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 swimming circles Prayer pushes Butt kick punches Chest opener to calf raise Toe touches</p> <p>貳、發展活動</p> <p>一、foam Frisbee Backhand throwing-示範、練習</p> <p>1. 分組：分成三組，一組 8 人。 Three teams, please line up and take a seat. For today, we're going to have more Frisbee activities. Now, everyone gets one foam Frisbee.</p> <p>2. Let's practice backhand throwing. There are four steps. Please listen carefully and do what I do. (1) Thumb on top of the Frisbee. Four fingers under the rim. (2) Chest to the mat. (3) Wrist down and throw.</p> <p>3. Team 1 uses the yellow mat, Team 2 uses the red mat, and Team 3 uses the blue mat. Everyone, please take turns to do backhand</p>	<p>軟式泡棉飛盤 大巧拼墊</p>	<p>10 分</p> <p>10 分</p>	<p>確實做暖身動作、一起報數</p> <p>做出飛盤反手投擲的動作。嘗試控制力道、方向。</p>

<p>throwing, and try to throw your disc on the mat.</p> <p>4. Don't go and pick your Frisbee right after you throw it. We'll see how many Frisbees stay on the mat!</p> <p>5. Now you all know how to play. Let's give it a go!</p> <p>二、rubber Frisbee Backhand throwing-示範、練習</p> <p>1. 換用軟式塑膠飛盤重複上述活動。</p> <p>2. Make adjustments: Q: Does the Frisbee fly to the left or right? Or does it fly too high?</p> <p>3. Discussion: Q1: Do you throw the foam Frisbee to the mat? Yes, raise your hand. Q2: Do you throw the rubber Frisbee to the mat? Yes, raise your hand. Q3: We use two different kinds of Frisbee, which one do you like? Why? What are the differences?</p>	<p>軟式橡膠飛盤 大巧拼墊</p>	<p>5 分</p>	
<p>三、Backhand throwing-遊戲 Hit Pikachu!</p> <p>1. Everyone, please choose one Frisbee you want to use, and line up.</p> <p>2. Throw your Frisbee to Pikachu, it will drop into the basket under Pikachu.</p> <p>3. Let's take turns.</p> <p>4. 重複遊戲，每一輪加長距離。</p>	<p>軟式泡棉飛盤 軟式橡膠飛盤 籃子</p>	<p>10 分</p>	<p>用反手投擲飛盤的要領，擊中目標物。</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 many times did you hit Pikachu? What makes you choose a foam Frisbee / rubber Frisbee?</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 Frisbees and put them in the basket, please.</p> <p>2. 整隊。 Everyone, line up, please. Go back to your classroom. See you next time!</p>		<p>5 分</p>	<p>分享想法、收拾器材</p>