

# 110 學年度體育課程雙語教學教案

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## 一、課程架構

單元名稱	學習目標	學習內容 (含教學單元和教學主題)	學科英語單字/句型
第 5 篇 球類真好玩 第二章 排球	<ol style="list-style-type: none"> <li>1. 嘗試做移動性的低手擊球，並熟悉低手擊球的移動步伐。</li> <li>2. 引導學生思考在操作低手傳接球的過程中，自己遇到的問題，並嘗試讓學生自己去發現問題並作出改進。</li> <li>3. 找到最適合自己低手發球的擊球位置。</li> <li>4. 透過溝通討論，與他人合作學習，完成手感練習活動。</li> <li>5. 學會低手發球的動作要領。</li> <li>6. 能善用低手發球及低手傳接球技術，並從比賽中了解排球的基本規則。</li> <li>7. 在9人制排球比賽中，透過溝通討論擬定比賽策略。</li> <li>8. 能熟練的控制低手發球的方向及位置。</li> <li>9. 能判斷對方發球落點，並嘗試用低手傳球的動作接發球。</li> </ol>	<ol style="list-style-type: none"> <li>一、低手傳球</li> <li>二、靈活的步法</li> <li>三、低手發球</li> <li>四、九人制排球比賽</li> </ol>	Try to speak English. Look at me. Listen to me. Line up. Follow me. It' s your turn. Try to speak English. Listen to me. Let' s warm up. volleyball underhand pass center of gravity stride toss

## 二、單元設計

### (一)單元架構

單元名稱	單元主題	單元活動
排球	低手傳球	低手傳球的動作要領
	靈活的步伐	前瞻顧後
	低手發球	低手發球手感練習
	9 人制排球比賽	排球比賽

### (二) (每個單元)教學設計/教案

單元名稱	排球	教學設計者	尤佳琪
學習對象	一年級下學期	學習節次	4 節課(180 分鐘)
學習內容	Ha-IV-1 網/牆性運動動作組合及團隊戰術。		
學習表現	1c-IV-1 了解各項運動基礎原理和規則。 1d-IV-1 了解各項運動技能原理。 1d-IV-2 反思自己的運動技能。 1d-IV-3 應用運動比賽的各項策略。 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。 3d-IV-1 運用運動技術的學習策略。 3d-IV-2 運用運動比賽中的各種策略。 3d-IV-3 應用思考與分析能力，解決運動情境的問題。		

學習目標	1. 認識排球低手發球、低手傳接球等排球基礎技術的重要性。 2. 認識正確的排球低手擊球的手部動作、身體軀幹姿勢的穩定。 3. 能夠操作低手擊球的動作，以及指出低手擊球動作的正確與否。 4. 能夠操作低手擊球的動作，及指出低手擊球動作的正確與否。		
教學方法	體育雙語教學		
教學資源	翰林教學資源		
學科英語詞彙	volleyball underhand pass center of gravity stride toss		
學科英語句型（視教材內容）	Repeat after me. Show me/us. Sit down. Stand up. Look at me. Listen to me. Warm up. Pay attention. Good job! / Excellent! / Well done! Any questions? That' s all for today. See you next time. / See you next week.		
教學主題		教學資源	評量
第 1 節  簡單問候： T:Hello, everyone! T:Good morning. / Good afternoon. T:How are you today? 一、引起動機:(10” )情境式的引導 引導學生是否觀看過排球比賽，或是實際參與排球的運動，在排球比賽中常見的排球技術有哪些？是否曾觀察過排球比賽的站位及比賽的策略？ 引導學生討論曾經學習過的排球技術有哪些？過去學習這些排球技術的過程為何？哪些是屬於排球基礎的技術？哪些是屬於較高階的排球技術？藉以喚起學生過去的學習經驗。 T:Let' s do roll-call. S:1. 2. 3. 4……27 T:Everybody, line up! T:Let' s warm up. T:Step one:stretch your neck.Count to ten. S:one. two. three. four. five. six. seven. eight. nine. ten. T:Other side. S:one. two. three. four. five. six. seven. eight. nine. ten T:Step two:shoulder circles.Count to ten. S:one. two. three. four. five. six. seven. eight. nine. ten T:Now backwards.		閃示卡  課本	說明： 學生能夠清楚了解低手擊球的動作要點。  引導： 學生能說出低手擊球的要領，觀察同學的低手傳球動作並比較差異。  實作： 學生能做出完整的低手傳球動作

<p>S:one. two. three. four. five. six. seven. eight. nine. ten.  T:Step three:hip circles.Count to ten.  S:one. two. three. four. five. six. seven. eight. nine. ten.  T:Step four:knee circles.Count to ten.  S:one. two. three. four. five. six. seven. eight. nine. ten.  T:Step five:ankle and wrist circles.Count to ten.  S:one. two. three. four. five. six. seven. eight. nine. ten.  T:Finally,Step six:jumping jacks.Count to twenty.  S:one. two. three. four. five. six. seven. eight. nine. ten. eleven. twelve. thirteen.  fourteen. fifteen. sixteen. seventeen. eighteen. nineteen. twenty  T:Next,run two laps around the track.  T:Good job! Warm ups are finished.  T:Drink some water and take a break for two minutes.</p> <p>二、發展活動:低手傳球  說明：低手傳球時手部動作、身體軀幹、腿部動作的動作要領。  操作：</p> <ol style="list-style-type: none"> <li>1. 引導學生嘗試做出低手傳球的推蹬動作，讓學生體驗在低手傳球時身體施力的明確方向。</li> <li>2. 引導學生在操作低手傳球時，彼此觀察低手傳球的動作，並能夠清楚指出低手傳球的動作優劣。</li> </ol> <p>T:Today we are going to look at the game volleyball.  T:There are 3 ways to touch the ball.  T:First,you can hit the ball.  T:Second, you can set the ball.  T:Third, you can spike the ball.  T:Today, I will teach you how to hit the ball.  T:There are 4 steps to hitting the ball.  T:Step one: Keep your eyes on the ball.  T:Step two: Lean forward on your toes. Keep your knees apart and squat down.  T:Step three: Put your hands together and hold your arms out. Keep your wrists face up.  T:Step four: Hit the ball with your wrists.</p> <p>三、統整活動：提醒學生檢視每一次擊到球體的位置，並要求他們擊球位置一致。  T:Any questions?  T:That' s all for today.  T:See you next time. / See you next week.  T:You did a good job! See you next time.</p> <p style="text-align: center;">第一節結束</p>		
<p style="text-align: center;">第 2 節</p> <p>問候：  Good morning. / Good afternoon.  How are you today?  Is anyone absent today? 今天有人缺席嗎？</p> <p>一、熱身:(5" )  T: Let' s do roll-call.  T: Let' s warm up.</p>	<p>閃示卡 課本</p>	<p>學生能夠隨球的方向及位置，使身體保持移動性去擊球。</p> <p>引導： 學生了解低手傳球位置的重要性，控制擊球的穩定能力。</p>

<p>T:Hello, everyone!Everybody, line up!</p> <p>T:Let's warm up.</p> <p>T:Step one:stretch your neck.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Other side.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step two:shoulder circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten</p> <p>T:Now backwards.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Now Step three:hip circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step four:knee circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step five:ankle and wrist circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Finally step six:jumping jacks.Count to twenty.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten. eleven. twelve. thirteen. fourteen. fifteen. sixteen. seventeen. eighteen. nineteen. twenty.</p> <p>T:Next,run two laps around the track.</p> <p>T:Great work.Warm ups are finished.</p> <p>T:Drink some water and take a break for two minutes.</p> <p>二、引起動機:靈活的步法(15" )</p> <p>說明：</p> <ol style="list-style-type: none"> <li>1. 在球場上為了因應場上各種不同距離的來球，在場上移位的步法很重要。</li> <li>2. 移位步法的動作區分為：起始動作、跨步、後跨步、左跨步、右跨步等幾種場上移位步法。</li> </ol> <p>前front. 後back. 左left. 右right.</p> <p>操作：</p> <ol style="list-style-type: none"> <li>1. 引導學生做出低手傳球的起始預備動作，向左及向右的擊球跨步，以及適當的降低身體傳球時的身體重心。</li> <li>2. 引導學生在低手傳球時需要保持身體軀幹的穩定性，加強腳步移動。</li> </ol> <p>提醒：盡量要求學生腳步的移動，嘗試要求學生先判斷來球的路徑及來球的落點，移動到位置後再做出低手傳球動作。</p> <p>回饋：步伐的練習結束後，老師引導學生思考自己在操作低手過程中常出現的問題，讓學生自己去發現問題並改進。</p> <p>Repeat after me.</p> <p>Show me/us.</p> <p>Sit down.</p> <p>Stand up.</p> <p>Look at me.</p> <p>Listen to me.</p> <p>Pay attention.</p> <p>Good job! / Excellent! / Well done!</p> <p>三、發展活動:「瞻前顧後」(15" )</p> <p>說明：3位同學一組，2位同學做拋球，1位同學做低手傳球，並位於同一條直線上。</p> <p>操作：</p>	<p>實作：</p> <p>學生能在低手傳球時，掌握擊到球時的擊球面及時間點。</p>
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<p>1. 2位擔任拋球的同學要練習將球拋高，讓做低手擊球的同學有反應的時間去擊球，確定低手傳球的同學擊球完後，另一端的同學再做拋球。</p> <p>2. 低手傳球的同學在接起10顆球後換人操作，輪流體驗拋球及低手擊球。</p> <p>Let' s practice:</p> <p>Make groups of 3. Two students get a ball. The other student stand in the middle. Student 1 throw the ball to student 2. Student 2 hit the ball back and turn around. Student 3 throw the ball to student 2. Student 2 hit the ball back. Hit the ball 10 times.</p> <p>四、統整活動(10" )：主要是要讓學生體會低手傳球練習節奏的重要性，提醒學生不要為了求快而失去練習的準確性。</p> <p>Any questions? 有任何問題嗎?</p> <p>That' s all for today. 今天上到這裡</p> <p>See you next time. / See you next week. 下次見/下週見</p> <p>T:You did a good job! See you next time.</p> <p style="text-align: center;">第二節結束</p>		
<p style="text-align: center;">第 3 節</p> <p>T:Everybody, line up! Sit down please.</p> <p>T:Good morning everyone. / Good afternoon everyone.</p> <p>S:Good morning teacher. / Good afternoon teacher.</p> <p>T:How are you today?</p> <p>S:I am fine, thank you.</p> <p>T: Let' s do roll-call.</p> <p>S:1. 2. ....</p> <p>一、熱身:(5" )</p> <p>T: Attention! Spread out! Ready for warm up.</p> <p>T:<u>Step one</u>:stretch your neck.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Other side.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step two</u>:shoulder circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten</p> <p>T:Now backwards.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step three</u>:hip circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step four</u>:knee circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step five</u>:high stretch legs.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Other side.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step six</u>:low stretch legs.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:<u>Step seven</u>:ankle and wrist circles.Count to ten.</p>	<p>閃示卡</p> <p>課本</p>	<p>發表： 能說出最適合自己低手發球的擊球部位。</p> <p>觀察： 是否能與他人溝通討論，合作完成手感練習活動。</p> <p>實作： 能依動作要領做出低手發球的動作。</p>

S:one. two. three. four. five. six. seven. eight. nine. ten.

T:Other side.

S:one. two. three. four. five. six. seven. eight. nine. ten.

T:Finally step eight: jumping jacks.Count to twenty.

S:one. two. three. four. five. six. seven. eight. nine. ten. eleven. twelve. thirteen. fourteen. fifteen. sixteen. seventeen. eighteen. nineteen. twenty.

T:Next,run two laps around the track.

T:Our warm ups are done.

T:Drink some water and take a break for two minutes.

二、引起動機:低手發球的動作要領(20” )

說明：低手發球為排球運動重要的基本技巧，此種發球動作簡單、容易掌握，球體飛行時間較長，容易讓對方球員接住，適合初學者在比賽中使用。分析三種常見的擊球方式，讓學生依據學習經驗更能精準掌握擊球。

示範：重點在於熟練拋球的位置與落點，並強調在排球落下時期擊球，才能確實掌握關鍵的擊球時機。

操作：擊球瞬間、重心的轉移及腰關節的反作用力，均是加速度作用的表現，能提高排球飛過球網的機會。讓學生知道有效來回球越多，低手發球手感會越好。

T:Today we will learn how to play volleyball.

T:You have to hit the ball 4 ways.

T:First, serve.Repeat after me. Serve.

S:Serve.

T:Again.

S:Serve.

T:Second, hit the ball.Repeat after me.Hit the ball.

S:Hit the ball.

T:Again.

S:Hit the ball.

T:Third, set the ball.Repeat after me.Set the ball.

S:Set the ball.

T:Again.

S:Set the ball.

T:Fourth, spike the ball.Repeat after me.Spike the ball.

S:Spike the ball.

T:Again.

S:Spike the ball.

T:Today I will teach you how to serve.

T:Step one, get ready to serve.

T:Step two, make your hand into a fist. Throw the ball straight up into the air.

T:Step three,swing your arm to hit the ball with power. Keep your arm straight.

三、統整活動:「低手發球手感練習」(20” )

說明：以低手發球動作將手當作網球拍擊球，進行類似網球比賽的活動。

操作：利用低手發球的擊球技巧，來迎擊各個方向與位置的來球，藉以體驗使用此種技巧在

<p>不同位置及來球方向的控制能力。</p> <p>T:Let's practice:</p> <p>T:Let's practice with an underhand serve game.</p> <p>T:Go into groups of four. 6v6.</p> <p>T:Two teams face each other. Team one serve to team two and team two must catch the ball back. Keep doing this for 6 minutes then switch. Do it again for 6 minutes.</p> <p>T:Two teams face each other . Team one serve to team two and team two must hit the ball back. Keep doing this for 6 minutes then switch. Do it again for 6 minutes.</p> <p>Good did a job! / Excellent! / Well done!</p> <p>Any questions?</p> <p>That' s all for today.</p> <p>See you next time. / See you next week.</p> <p style="text-align: center;">第3節結束</p>		
<p style="text-align: center;">第4節</p> <p>問候：</p> <p>Good morning. / Good afternoon.</p> <p>How are you today?</p> <p>一、warm up:(10" )</p> <p>T: Let' s do roll-call.</p> <p>T: Let' s warm up.</p> <p>T:Hello, everyone!Everybody, line up!</p> <p>T:Let' s warm up.</p> <p>T:Step one:stretch your neck.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Other side.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step two:shoulder circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten</p> <p>T:Now backwards.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step three:hip circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step four:knee circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Step five:ankle and wrist circles.Count to ten.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten.</p> <p>T:Finally step six:jumping jacks.Count to twenty.</p> <p>S:one. two. three. four. five. six. seven. eight. nine. ten. eleven. twelve. thirteen. fourteen. fifteen. sixteen. seventeen. eighteen. nineteen. twenty</p> <p>T:Next,run two laps around the track.</p> <p>T:Our warm ups are done.</p> <p>Drink some water and take a break for two minutes</p>	<p>閃示卡</p> <p>課本</p>	<p>實作：</p> <p>能在活動及比賽中，熟練運用低手發球及接發球技術。</p> <p>發表：</p> <p>了解9人制排球比賽規則，能說出低手發球及接發球在比賽中有效的因應策略。</p> <p>觀察：</p> <p>知道如何與他人溝通合作，從比賽中獲得勝利。</p>

## 二、引起動機:活動「低手發球及接發球」(15”)

說明：學生要清楚知道跑動的順序，及每個位置所要擔任的角色工作。要求學生跑動循環，提高練習效率。若能熟練此二技術，對於排球比賽的勝負將會有所幫助。

示範：發球者重點在於能掌控發球的方向及位置，才能破壞對方接發球陣型，先發制人。接發球者重點在於能敏捷判斷對方發球的飛行軌跡及落點，快速移動腳步正面接球，才能防止對手攻城掠地。

操作：能夠精準的控制低手發球及接發球技術。

提醒：本活動目的在於低手發球，提醒學生將對面接發球者作為發球方向與位置的選擇；接發球的學生勇於嘗試，接發球的準確性可以在練習中慢慢達成。

## 三、發展活動「9人制排球比賽」(15”)

說明：了解本次競賽活動的相關規定，在比賽中觀察對手發球及接發球的習性，運用團隊策略，增加對方失誤，或相對減少己方的失誤，就能贏得比賽。

示範：在學生發生失誤時，能給予學生正確的回饋。

操作：分析己方團隊的優、缺點，來擬訂發球及接發球的對戰策略，透過團隊戰術、合作默契，來提升彼此的排球運動能力。

## 三、統整活動(5”):排球競賽運動需要透過團隊合作、溝通與協調，來達成共同的目標。

並能從比賽中體驗排球運動的樂趣所在，促進同學們之間的友誼更加深厚。

Repeat after me.

Show me/us.

Sit down.

Stand up.

Look at me.

Listen to me.

Pay attention.

Good job! / Excellent! / Well done!

Any questions?

That' s all for today.

See you next time. / See you next week.

第四節結束