

# 110 學年度體育課程雙語教學教案

設計者：新港國中 尤佳琪

## 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
羽球	<ol style="list-style-type: none"> <li>1. 認識羽球運動相關知識，並學會羽球握拍方法。</li> <li>2. 認識準備發球前的持球動作。</li> <li>3. 學會羽球正拍發高遠球與反拍發網前短球。</li> <li>4. 認識接發球區、學會羽球基本步法。</li> <li>5. 能將基本步法實際運用在擊球或比賽上。</li> <li>6. 熟練米字步法，了解米字步法運用時機。</li> <li>7. 認識與學會平抽球。</li> <li>8. 基本擊球策略的認識。</li> <li>9. 結合發球與平抽球的擊球練習。</li> <li>10. 認識與了解不同擊球技巧，對羽球飛行路線與落點位置的差異性。</li> </ol>	<ol style="list-style-type: none"> <li>一、握拍法</li> <li>二、羽球發球技術</li> <li>三、發球策略</li> <li>四、米字步法</li> <li>五、平抽球</li> </ol>	Try to speak English. Look at me. Listen to me. Line up. Follow me. It' s your turn. Let' s warm up.

## 二、單元設計

### (一)單元架構

單元名稱	單元主題	單元活動	
羽球	握拍法	握拍方式 如何握拍	
	羽球發球技術	正拍發高遠球 反拍發網前短球	
	發球策略	發球策略應用	
	米字步法	米字步法應用	
	平抽球	正拍平抽球	
		反拍平抽球	
平抽球策略介紹			

### (二) (每個單元)教學設計/教案

單元名稱	羽球	教學設計者	尤佳琪
學習對象	一年級下學期	學習節次	5 節課(225 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。 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。 3c-IV-1 表現局部或全身性的身體控制能力，發展專項運動技能。 4d-IV-1 發展適合個人之專項運動技能。		
學習目標	<ol style="list-style-type: none"> <li>1. 認識羽球運動相關知識，並學會羽球握拍方法。</li> <li>2. 認識準備發球前的持球動作。</li> <li>3. 學會羽球正拍發高遠球與反拍發網前短球。</li> <li>4. 認識接發球區、學會羽球基本步法。</li> </ol>		

	<p>5. 能將基本步法實際運用在擊球或比賽上。</p> <p>6. 熟練米字步法，了解米字步法運用時機。</p> <p>7. 認識與學會平抽球。</p> <p>8. 基本擊球策略的認識。</p> <p>9. 結合發球與平抽球的擊球練習。</p> <p>10. 認識與了解不同擊球技巧，對羽球飛行路線與落點位置的差異性。</p>
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	<p>badminton 羽球</p> <p>court 場地</p> <p>racket 球拍</p> <p>forehand grip 正手握拍</p> <p>backhand grip 反手握拍</p> <p>badminton 羽球</p> <p>racket 球拍</p> <p>service court 發球區</p> <p>deep high service; long high 發高遠球</p> <p>short service 發短(網前)球</p> <p>serving side 發球方 receiving side 接發球方</p> <p>Six-point footwork 米字步法</p> <p>badminton half court 羽球半場</p> <p>footwork 步法</p> <p>drive 平抽球</p> <p>stride step 跨步</p> <p>sliding step 滑步</p> <p>serve 發球</p> <p>footwork 步法</p> <p>tactic 戰術</p> <p>doubles service line 雙打發球線</p> <p>inside side line 單打邊線</p> <p>side alley 單雙打邊線之間地帶</p> <p>forecourt 前場</p> <p>backcourt 後場</p> <p>midcourt 中場</p> <p>midcourt line 中線</p> <p>sideline 邊線</p> <p>backcourt 端線</p> <p>referee 裁判</p> <p>linesman 線審</p> <p>singles 單打</p> <p>doubles 雙打</p> <p>match / game 賽局</p> <p>score 分數</p>
學科英語句型 (視教材內容)	<p>Repeat after me.</p> <p>Show me/us.</p> <p>Sit down. Please.</p>

	Stand up. Please. 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. Good morning. / Good afternoon. How are you today? Is anyone absent today?		
教學主題		教學資源	評量
<p style="text-align: center;">第 1 節</p> 一、問候及熱身(10" ) : T:Hello, everyone! T:Good morning. / Good afternoon. T:How are you today? 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. 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. 一、引起動機:(10" )		課本 圖片	觀察： 是否能夠熱烈的參與討論。  實作： 能夠具備正確的握拍動作。

<p>1. 學習引導 利用課本情境引導學生發表自己參與羽球的經驗，了解學生學習經驗。</p> <p>2. 簡介羽球的起源 利用教師手冊參考資料，簡介羽球的起源以及場地的使用概念。 Introduction to the origin of badminton.</p> <p>3. 介紹球拍各部位名稱 Introduce the name of each part of the badminton racket 介紹球拍各部位名稱，同時補充球拍線的磅數對擊球與個人使用有何影響。</p> <p>二、發展活動(20"):</p> <p>1. 正手握拍法badminton forehand grip 講解：正手拍握拍的方式及注意事項。 實作：分組練習，並互相觀摩。</p> <p>5. 反手握拍法講解：反手拍握拍方式及注意事項。 Badminton backhand grip. 實作：分組練習，並互相觀摩。 提問：二種不同握拍法的使用時機為何？ When should the two different grips be used?</p> <p>6. 握拍方式 講解：正手與反手握拍的動作要領。 互評：兩人一組，根據動作要領互評握拍的正確性。 Mutual evaluation of students: In groups of two, each other evaluates the correctness of the grip according to the essentials of the movements.</p> <p>三、統整活動(5") 教師羽球握拍重點整理及分享 學生分享課程內容 Can you share the class content? Any questions? 有任何問題嗎? That's all for today. 今天上到這裡 See you next time. / See you next week. 下次見/下週見 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>一、問候及熱身(10"):</p> <p>Good morning. / Good afternoon. How are you today? Is anyone absent today? 今天有人缺席嗎? T: Let's do roll-call. T: Let's warm up. T:Hello, everyone!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. S:one. two. three. four. five. six. seven. eight. nine. ten.</p>	課本 圖片	<p>觀察： 是否能夠熱烈的參與討論。</p> <p>實作： 能夠成功發出有效球。</p> <p>實作： 能夠成功發出有效的網前短球與平抽球。</p> <p>問答： 能具體說出發球應遵守的規則。</p>

T:Now 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:Great work.Warm ups are finished.

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

## 二、引起動機(5):

### 1. 發球基本概念

提問:

#### 1. 你都怎麼發球?

How do you serve?

#### 2. 羽球發球可簡單區分為哪兩種球路?

What are the two types of badminton serve?

#### 3. 單打的羽球比賽中,經常發何種球路的球?

In singles badminton, what kind of ball is often served?

## 二、發展活動(20' ):

### 1. 正拍發高遠球forehand

說明:發高遠球時,所要注意的部分。

示範:發高遠球時之動作要領。The essentials of action when hitting a high ball with the ba

#### (1) 預備動作:Preparatory action:

左腳在前,右腳在後,稍微側身面對發球方向。

Left foot in front, right foot behind, facing slightly sideways to serve.

#### (2) 放球:

左手鬆開,使羽球垂直掉落。

Release your left hand to drop the shuttlecock vertically.

#### (3) 擊球:

揮拍擊球的同時,重心由右腳移到左腳。

While swinging and hitting the ball, the center of gravity shifts from the right foot to the left foot.

### 2. 反拍發網前短球

說明:

#### (1) 正手發網前短球:Forehand serve short ball in front of the net.

擊球時身體重心從後腳轉移到前腳,球拍向下在腰部高度以下擊球,當往前擊球時,幾乎沒有手腕動作,因為球是推擊過網而不是擊球。

#### (2) 反拍發網前短球:Backhand short ball in front of the net.

採用正面以前後腳開立姿勢站立,將球持於腰際高度,發球時向後拉拍,幾乎不使用手腕動作將球推擊出去。

<p>3. 活動「羽球九宮格」</p> <p>講解：活動目的與活動規則。</p> <p>實作：進行分組比賽。</p> <p>問答：請學生分析自己與他人表現。</p> <p>Students analyze their own performance and that of others.</p> <p>三、統整活動(10” )</p> <p>4. 發球策略應用</p> <p>說明：</p> <p>(1) 發球可分為讓球落在對手前的短球和落在對手身後的長球，如何在尚未擊球前，讓對手無法知道是長球還是短球，可說非常重要。</p> <p>(2) 發球的重點在於不讓對手輕鬆將球回擊，因此不論正手與反手發球，透過相同動作可以發出不同距離的球。</p> <p>5. 米字步法</p> <p>講解：羽球步法的移動有規律性，基本的八個路線構成了類似「米」字，因此被稱為「米字步法」。</p> <p>The movement of badminton footwork is regular, and the basic eight lines form a similar "meter", so it is called "meter footwork".</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>一、問候及熱身(10” )：</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>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>	課本 圖片	<p>觀察： 是否能夠熱烈的參與討論。</p> <p>實作： 能夠成功操作米字步法作為移動技巧。</p> <p>問答： 能具體說出米字步法的要領。</p>

<p>S:one. two. three. four. five. six. seven. eight. nine. ten.  T:<u>Step five</u>:high stretch legs.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:<u>Step six</u>:low stretch legs.Count to ten.  S:one. two. three. four. five. six. seven. eight. nine. ten.  T:<u>Step seven</u>:ankle and wrist circles.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:Finally <u>step eight</u>: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.</p> <p>二、引起動機(5):</p> <p>1. 羽球基本步法</p> <p>說明：羽球比賽時移位擊球為基本動作，好的移位步法能夠迅速移動到球點，具有充足的時間完成擊球。</p> <p>Badminton basic footwork</p> <p>Description: In badminton, shifting the ball is the basic action. A good shifting footwork can quickly move to the ball point and have enough time to complete the shot.</p> <p>三、發展活動(15” ):</p> <p>1. 講解與示範羽球步法Explain and demonstrate badminton footwork</p> <p>說明：從原心位置出發，依序說明與示範前進相關步法的操作。緊接著示範往左與往右的步法，最後則是往後移動的相關步法。</p> <p>2. 實際操作Actual operation</p> <p>(1) 將學生分組並使用羽球半場，實際體驗步法動作，找出適合個人的方法。  Divide students into groups and use the badminton half to practice footwork and find out what works for the individual.</p> <p>(2) 先從固定模式練習，等同學比較熟練後，可以透過口令隨機說出位置，並要求場上同學能迅速移動到指定位置。</p> <p>四、統整活動(15” )</p> <p>4. 平抽球講解Badminton flat draw explanation</p> <p>平抽球的教學可以搭配向右跨步或右腳跨向左前方的基本步法來實施。  Good job! / Excellent! / Well done!  Any questions?  That’ s all for today.  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>一、問候及熱身(10” ):</p> <p>Good morning. / Good afternoon.  How are you today?</p>	課本 圖片	觀察： 是否能夠熱烈的 參與討論。

<p>warm up:</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>二、引起動機(5" ):</p> <p>1. 讓對手無法順利擊球的方法有哪些?</p> <p>In badminton, what are the ways to make the opponent unable to hit the ball smoothly?</p> <p>三、發展活動(25" ):</p> <p>講解擊球的基本概念</p> <p>Explain the basic concepts of badminton hitting.</p> <p>(1) 讓對手需要移動最長的距離，一方面除了消耗其體能外，二方面增加其擊球的難度與準確度，而產生擊球的失誤。</p> <p>(2) 對角路線的進攻戰術：當對手擊出直線來球，就以對角斜線回擊；如對手以對角斜線來球，則以直線回擊。</p> <p>(3) 活動：「邊線及對角線平抽球對打練習」</p> <p>活動目的：以平抽球擊球法，分別因應對手的來球，擊出直線與斜線，並能透過腳步移位，使回球能持續下去而不落地。</p> <p>活動方式：</p> <ol style="list-style-type: none"> <li>1. 你都怎麼發球?How do you serve?</li> <li>2. 判斷來球：當對方運用平抽球將球擊往斜線方向，我方以直線平抽球回擊。</li> <li>3. 一開始可試著減緩擊球速度或加快移動速度來挑戰最多次數的來回。</li> <li>4. 球落地後，換下一組同學上場練習。</li> </ol> <p>四、統整活動(5" ):</p> <p>The sport of badminton requires teamwork, communication and coordination to</p>	<p>實作：</p> <p>能夠成功操作米字步法作為移動技巧。</p> <p>問答：能具體說出移位步法在比賽中的功能有哪些。</p>
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<p>achieve common goals.</p> <p>羽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。並能從比賽中體驗羽球運動的樂趣所在，促進同學們之間的友誼更加深厚。</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>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;">第四節結束</p>		
<p style="text-align: center;">第5節</p> <p>一、問候及熱身(10" ):</p> <p>Good morning. / Good afternoon.</p> <p>How are you today?</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>二、引起動機(5" ):</p> <p>引導學生快慢、長短球在比賽時所代表的目的是什麼？</p> <p>例如：調動對手、增加自己歸位的時間等。</p> <p>三、發展活動(25" ):</p>	<p>課本 圖片</p>	<p>觀察： 是否能夠熱烈的參與討論。</p> <p>實作： 能夠進行羽球單打比賽。</p> <p>問答：能具體說出比賽規則。</p>

活動名稱：半場單打比賽

Event name: Half-time singles match

說明：

1. 利用半場，進行往前—還原—後退—往前的三角形移動路線。

Use the half court to perform a forward-restore-back-forward triangle movement route.

2. 叮嚀學生拍子的拿法，拍頭朝上，重心略低。

Shoot head up, center of gravity slightly lower.

3. 擊完球後，回到原心位置的觀念，是為了準備下一次擊球。

After hitting the ball, the concept of returning to the original position is to prepare for the next shot.

半場單打比賽：

1. 場地只有一半，也就是變窄後，將不利於左右方向的調球，因此想得分只能依靠前、後的調動，來達成得分的目的。

2. 得分分為2分、1分，是為了鼓勵學生多打到前或後，也就是合法場地內的最遠兩端，能夠得到2分。

分組後非場上比賽的同學，可以學習擔任裁判與線審，學習計分以及手勢。

四、統整活動(5” )：

The sport of badminton requires teamwork, communication and coordination to achieve common goals.

羽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。並能從比賽中體驗羽球運動的樂趣所在，促進同學們之間的友誼更加深厚。

Good job! / Excellent! / Well done!

Any questions?

That' s all for today.

See you next time. / See you next week.

第五節結束