1090914-15 伸展與緊縮

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Introduction

- Feel the tension and relaxation of the body
- Imitating the teacher's actions
- Two people paired to create four different actions
- Performance for classmates

Key words of performance

- Flow
- Stretch
- crouch

Imitating the teacher's actions



Key words of performance



Stretch



Stretch



Crouch



Pair work



Appreciate the performance



















Teachers



Teaching reflection

- Some students are a little shy and dare not to stretch their bodies.
- First imitate the teacher's movements, the students will stretch and crunch the bodies better.
- Before the end of the class, children choose their favorite action word today and give the reason. Many students do not know why they choose the word. The teacher can provide some reference next time.