

Class 201

Number 1

Name _____

Subject: Grade 2 Physical Education

| PE Understanding and Skills (體育理解與技能) | | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|--|---|---|---|---|---|---|--|---|---|---|---|---|---|---------------------|
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | | | ✓ | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | | ✓ | | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | ✓ | | | | | centric circles | | | | ✓ | | |
| | | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | | double feet jump | | | | ✓ | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 → 85

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Class 201

Number 2

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | | | | | | Language Understanding and Response (語言理解與回應) | | | | | | Additional Comments |
|---|---|---|---|---|---|---|--|---|---|---|---|---|---------------------|
| | | 5 | 4 | 3 | 2 | 1 | | 5 | 4 | 3 | 2 | 1 | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | ✓ | | | | roll ankles, roll <u>knees</u> , roll hips, roll <u>shoulders</u> , stretch neck | | | ✓ | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | | ✓ | | 30 seconds | | | | ✓ | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, <u>between legs</u> , <u>from the right</u> , and <u>from the left</u> | | | ✓ | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 In English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | ✓ | | | | centric circles | | | | ✓ | | |
| | | | | | | | <u>inner circle</u> : 3 points; <u>middle circle</u> : 2 points; <u>outer circle</u> : 1 point | | | ✓ | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | | | | ✓ | | |

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95 → 90 → 85 → 80
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| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
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| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | ✓ | | | | 30 seconds | | ✓ | | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | | ✓ | | | centric circles | | | | ✓ | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | double feet jump | | | ✓ | | | |

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| | PE Understanding and Skills (體育理解與技能) | | | | | | Language Understanding and Response (語言理解與回應) | | | | | | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | 5 | 4 | 3 | 2 | 1 | | 5 | 4 | 3 | 2 | 1 | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | ✓ | | | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | ✓ | | | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | ✓ | | | | | 30 seconds | ✓ | | | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | ✓ | | | | | overhead, between legs, from the right, and from the left | ✓ | | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | centric circles | ✓ | | | | | |
| | | ✗ | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | ✓ | | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | ✓ | | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | double feet jump | ✓ | | | | | |

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Number 5

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | | ✓ | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | | | ✓ | | centric circles | | | | ✓ | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | | | | ✓ | | |

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| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | centric circles | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | ✓ | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | ✓ | | | | | |

*5 points: Excellent

4 points: Great

3 points: Good

2 points: Fair

1 point: Needs Improvement

95 →

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85 →

80

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|---|---|---|---|---|---|---|--|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | ✓ | | | | overhead, between legs , from the right, and from the left | | | ✓ | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | ✓ | | | | centric circles | | | | ✓ | | |
| | | | | | | | <u>inner circle</u> : 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | double feet jump | | | | ✓ | | |

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| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
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| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | ✓ | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | ✓ | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | | ✓ | | 30 seconds | | | | ✓ | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | | | ✓ | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | | ✓ | | | centric circles | | | | ✓ | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | ✓ | | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | double feet jump | ✓ | | | | | |

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| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
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| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | ✓ | | | | | 30 seconds | ✓ | | | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | | ✓ | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | centric circles | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | ✓ | | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | ✓ | | | | | |
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*5 points: Excellent

4 points: Great

3 points: Good

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1 point: Needs Improvement

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| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | ✓ | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
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| 1 | 做出滾球姿勢 | | | ✓ | | | centric circles | | | | ✓ | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | double feet jump | | | | ✓ | | |

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|--|---|---|---|---|---|---|---|--|---|---|---|---|---|---------------------|
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | | ✓ | | |
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| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | | |
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| | 正確做出上下左右傳球動作 | | ✓ | | | | overhead, between legs, from the right, and from the left | | | ✓ | | | | |
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| 1 | 做出滾球姿勢 | | ✓ | | | | centric circles | | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | double feet jump | | ✓ | | | | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 → 85 → 80
3.5

3.5

Class 201Number 12

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | ✓ | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | ✓ | | | | | 30 seconds | ✓ | | . | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | ✓ | | | | | overhead, between legs, from the right, and from the left | ✓ | | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | | ✓ | | | centric circles | . | | | ✓ | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | ✓ | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | ✓ | | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | double feet jump | ✓ | | | | | |

*5 points: Excellent

4 points: Great

3 points: Good

2 points: Fair

1 point: Needs Improvement

95 → 90 → 85 → 80

(4.5)

(4)

Class 201Number 13

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, <u>between legs</u> , from the right, and <u>from the left</u> | | | ✓ | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | | ✓ | | | centric circles | | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | | | ✓ | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | | | ✓ | | double feet jump | | | | ✓ | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 (2.5) 85 → 80

(2)

Class 201

Number 14

Name _____

Subject: Grade 2 Physical Education

| PE Understanding and Skills (體育理解與技能) | | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|--|---|---|---|---|---|---|--|---|---|---|---|---|---|---------------------|
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | ✓ | | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | ✓ | | | | | | 30 seconds | ✓ | | | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | ✓ | | | | | | overhead, between legs, from the right, and from the left | | | | ✓ | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | | centric circles | ✓ | | | | | |
| | | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | | | ✓ | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | | ✓ | | | | double feet jump | | | | ✓ | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 → 85 → 80

④

3.5

Class 201

Number 15

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | ✓ | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | ✓ | | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | ✓ | | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | ✓ | | | | overhead, between legs, from the right, and from the left | | ✓ | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | centric circles | | ✓ | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | | ✓ | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | ✓ | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | | ✓ | | | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 → 85 → 80

④

④.9

Class 201Number 16

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | ✓ | | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | ✓ | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | ✓ | | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | ✓ | | | | centric circles | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | ✓ | | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | | | | ✓ | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | double feet jump | | | | ✓ | | |

*5 points: Excellent

4 points: Great

3 points: Good

2 points: Fair

1 point: Needs Improvement

95 → 90 → 85 → 80

3.83.5

Class 201Number 17

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | | ✓ | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | | ✓ | | | overhead, between legs, from the right, and from the left | ✓ | | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 in English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | ✓ | | | | | centric circles | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | ✓ | | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | ✓ | | | | | single foot jump | ✓ | | | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | ✓ | | | | | |

*5 points: Excellent

4 points: Great

3 points: Good

2 points: Fair

1 point: Needs Improvement

95 → 90 → 85 → 80

3.6

4.3

Class 201Number 18

Name _____

Subject: Grade 2 Physical Education

| | PE Understanding and Skills (體育理解與技能) | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response (語言理解與回應) | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---------------------|
| | | | | | | | | | | | | | |
| 1 | Warm-up Activity 1: (暖身運動) | | | | | | 1. Say five warm-up moves | | | | | | |
| | 做出 5 個暖身操動作 | | | | ✓ | | roll ankles, roll knees, roll hips, roll shoulders, stretch neck | | | ✓ | | | |
| 2 | Unit 6: Activity 1(活動一) 請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 | | | | | | 2. Sing Teddy Bear or I've Got the Rhythm song | | | | | | |
| | 限時 30 秒 | | | ✓ | | | 30 seconds | | | ✓ | | | |
| 3 | Unit 4: Activity 3(活動三)上 下左右傳 | | | | | | 3. Say "Pass the ball" from 4 directions | | | | | | |
| | 正確做出上下左右傳球動作 | | ✓ | | | | overhead, between legs, from the right, and from the left | ✓ | | | | | |
| 4 | Unit 4: Activity 4(活動四) 挑戰紅心 | | | | | | 4. Say 同心圓 In English and explain how points are counted in this activity | | | | | | |
| 1 | 做出滾球姿勢 | | ✓ | | | | centric circles | ✓ | | | | | |
| | | | | | | | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point | ✓ | | | | | |
| 5 | Unit 5: Activity 5(活動五) (攻佔城堡) | | | | | | 5. Say 單腳跳與雙腳跳 in English | | | | | | |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | single foot jump | | | ✓ | | | |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯) | | ✓ | | | | double feet jump | ✓ | | | | | |

*5 points: Excellent 4 points: Great 3 points: Good 2 points: Fair 1 point: Needs Improvement

95 → 90 → 85 → 80

3.5
~~~~~

4.3



Class 201

Number 19

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

| PE Understanding and Skills<br>(體育理解與技能) |                                                                       | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response<br>(語言理解與回應) |                                                                           | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|------------------------------------------|-----------------------------------------------------------------------|---|---|---|---|---|--------------------------------------------------|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
| 1                                        | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   |                                                  | 1. Say five warm-up moves                                                 |   |   |   |   |   |                     |
|                                          | 做出 5 個暖身操動作                                                           |   |   | ✓ |   |   |                                                  | roll ankles, roll knees, roll hips, roll shoulders, stretch neck          |   |   | ✓ |   |   |                     |
| 2                                        | Unit 6: Activity 1(活動一)<br>請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 |   |   |   |   |   |                                                  | 2. Sing Teddy Bear or I've Got the Rhythm song                            |   |   |   |   |   |                     |
|                                          | 限時 30 秒                                                               |   |   | ✓ |   |   |                                                  | 30 seconds                                                                |   |   | ✓ |   |   |                     |
| 3                                        | Unit 4: Activity 3(活動三)上<br>下左右傳                                      |   |   |   |   |   |                                                  | 3. Say "Pass the ball" from 4 directions                                  |   |   |   |   |   |                     |
|                                          | 正確做出上下左右傳球動作                                                          |   | ✓ |   |   |   |                                                  | overhead, between legs, from the right, and from the left                 | ✓ |   |   |   |   |                     |
| 4                                        | Unit 4: Activity 4(活動四)<br>挑戰紅心                                       |   |   |   |   |   |                                                  | 4. Say 同心圓 in English and explain how points are counted in this activity |   |   |   |   |   |                     |
| 1                                        | 做出滾球姿勢                                                                | ✓ |   |   |   |   |                                                  | centric circles                                                           |   |   |   |   | ✓ |                     |
|                                          |                                                                       |   |   |   |   |   |                                                  | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point    | ✓ |   |   |   |   |                     |
| 5                                        | Unit 5: Activity 5(活動五)<br>(攻佔城堡)                                     |   |   |   |   |   |                                                  | 5. Say 單腳跳與雙腳跳 in English                                                 |   |   |   |   |   |                     |
| 1                                        | 做出單腳跳動作 (跳過呼拉圈與繩梯)                                                    |   | ✓ |   |   |   |                                                  | single foot jump                                                          |   |   |   |   | ✓ |                     |
| 2                                        | 做出雙腳跳動作 (跳過呼拉圈與繩梯)                                                    |   | ✓ |   |   |   |                                                  | double feet jump                                                          | ✓ |   |   |   |   |                     |

\*5 points: Excellent    4 points: Great    3 points: Good    2 points: Fair    1 point: Needs Improvement

95 → 90 → 85 → 80

3.8

③



Class 201Number 20

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

|   | PE Understanding and Skills<br>(體育理解與技能)                              | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response<br>(語言理解與回應)                          | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       |   |   |   |   |   |                                                                           |   |   |   |   |   |                     |
| 1 | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   | 1. Say five warm-up moves                                                 |   |   |   |   |   |                     |
|   | 做出 5 個暖身操動作                                                           |   | ✓ |   |   |   | roll ankles, roll knees, roll hips, roll shoulders, stretch neck          | ✓ |   |   |   |   |                     |
| 2 | Unit 6: Activity 1(活動一)<br>請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 |   |   |   |   |   | 2. Sing Teddy Bear or I've Got the Rhythm song                            |   |   |   |   |   |                     |
|   | 限時 30 秒                                                               |   |   | ✓ |   |   | 30 seconds                                                                | ✓ |   |   |   |   |                     |
| 3 | Unit 4: Activity 3(活動三)上<br>下左右傳                                      |   |   |   |   |   | 3. Say "Pass the ball" from 4 directions                                  |   |   |   |   |   |                     |
|   | 正確做出上下左右傳球動作                                                          |   | ✓ |   |   |   | overhead, between legs, from the right, and from the left                 | ✓ |   |   |   |   |                     |
| 4 | Unit 4: Activity 4(活動四)<br>挑戰紅心                                       |   |   |   |   |   | 4. Say 同心圓 in English and explain how points are counted in this activity |   |   |   |   |   |                     |
| 1 | 做出滾球姿勢                                                                | ✓ |   |   |   |   | centric circles                                                           | ✓ |   |   |   |   |                     |
|   |                                                                       |   |   |   |   |   | inner circle: 3 points, middle circle: 2 points, outer circle: 1 point    | ✓ |   |   |   |   |                     |
| 5 | Unit 5: Activity 5(活動五)<br>(攻佔城堡)                                     |   |   |   |   |   | 5. Say 單腳跳與雙腳跳 in English                                                 |   |   |   |   |   |                     |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯)                                                    |   | ✓ |   |   |   | single foot jump                                                          |   |   |   | ✓ |   |                     |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯)                                                    |   | ✓ |   |   |   | double feet jump                                                          | ✓ |   |   |   |   |                     |

\*5 points: Excellent

4 points: Great

3 points: Good

2 points: Fair

1 point: Needs Improvement

95 → 90 → 85 → 80

(4)

(4.6)



Class 2001Number 21

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

| PE Understanding and Skills<br>(體育理解與技能) |                                                                       | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response<br>(語言理解與回應)                          |  | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|------------------------------------------|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|--|---|---|---|---|---|---------------------|
| 1                                        | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   | 1. Say five warm-up moves                                                 |  |   |   |   |   |   |                     |
|                                          | 做出 5 個暖身操動作                                                           |   |   |   | ✓ |   | roll ankles, roll knees, roll hips, roll shoulders, stretch neck          |  |   |   | ✓ |   |   |                     |
| 2                                        | Unit 6: Activity 1(活動一)<br>請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 |   |   |   |   |   | 2. Sing Teddy Bear or I've Got the Rhythm song                            |  |   |   |   |   |   |                     |
|                                          | 限時 30 秒                                                               |   |   | ✓ |   |   | 30 seconds                                                                |  |   | ✓ |   |   |   |                     |
| 3                                        | Unit 4: Activity 3(活動三)上<br>下左右傳                                      |   |   |   |   |   | 3. Say "Pass the ball" from 4 directions                                  |  |   |   |   |   |   |                     |
|                                          | 正確做出上下左右傳球動作                                                          |   | ✓ |   |   |   | overhead, between legs, from the right, and from the left                 |  | ✓ |   |   |   |   |                     |
| 4                                        | Unit 4: Activity 4(活動四)<br>挑戰紅心                                       |   |   |   |   |   | 4. Say 同心圓 in English and explain how points are counted in this activity |  |   |   |   |   |   |                     |
| 1                                        | 做出滾球姿勢                                                                | ✓ |   |   |   |   | centric circles                                                           |  | ✓ |   |   |   |   |                     |
|                                          |                                                                       |   |   |   |   |   | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point    |  |   |   | ✓ |   |   |                     |
| 5                                        | Unit 5: Activity 5(活動五)<br>(攻佔城堡)                                     |   |   |   |   |   | 5. Say 單腳跳與雙腳跳 in English                                                 |  |   |   |   |   |   |                     |
| 1                                        | 做出單腳跳動作 (跳過呼拉圈與繩梯)                                                    | ✓ |   |   |   |   | single foot jump                                                          |  | ✓ |   |   |   |   |                     |
| 2                                        | 做出雙腳跳動作 (跳過呼拉圈與繩梯)                                                    | ✓ |   |   |   |   | double feet jump                                                          |  | ✓ |   |   |   |   |                     |

\*5 points: Excellent    4 points: Great    3 points: Good    2 points: Fair    1 point: Needs Improvement

95 → 90 → 85 → 80

④

4.3



Class 201Number 22

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

|   | PE Understanding and Skills<br>(體育理解與技能)                              | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response<br>(語言理解與回應)                          | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       |   |   |   |   |   |                                                                           |   |   |   |   |   |                     |
| 1 | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   | 1. Say five warm-up moves                                                 |   |   |   |   |   |                     |
|   | 做出 5 個暖身操動作                                                           |   |   |   | ✓ |   | roll ankles, roll knees, roll hips, roll shoulders, stretch neck          |   |   |   | ✓ |   |                     |
| 2 | Unit 6: Activity 1(活動一)<br>請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 |   |   |   |   |   | 2. Sing Teddy Bear or I've Got the Rhythm song                            |   |   |   |   |   |                     |
|   | 限時 30 秒                                                               |   |   | ✓ |   |   | 30 seconds                                                                |   | ✓ |   |   |   |                     |
| 3 | Unit 4: Activity 3(活動三)上<br>下左右傳                                      |   |   |   |   |   | 3. Say "Pass the ball" from 4 directions                                  |   |   |   |   |   |                     |
|   | 正確做出上下左右傳球動作                                                          |   | ✓ |   |   |   | overhead, between legs, from the right, and from the left                 | ✓ |   |   |   |   |                     |
| 4 | Unit 4: Activity 4(活動四)<br>挑戰紅心                                       |   |   |   |   |   | 4. Say 同心圓 in English and explain how points are counted in this activity |   |   |   |   |   |                     |
| 1 | 做出滾球姿勢                                                                |   | ✓ |   |   |   | centric circles                                                           | ✓ |   |   |   |   |                     |
|   |                                                                       |   |   |   |   |   | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point    |   | ✓ |   |   |   |                     |
| 5 | Unit 5: Activity 5(活動五)<br>(攻佔城堡)                                     |   |   |   |   |   | 5. Say 單腳跳與雙腳跳 in English                                                 |   |   |   |   |   |                     |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯)                                                    | ✓ |   |   |   |   | single foot jump                                                          |   |   |   | ✓ |   |                     |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯)                                                    | ✓ |   |   |   |   | double feet jump                                                          |   |   |   | ✓ |   |                     |

\*5 points: Excellent    4 points: Great    3 points: Good    2 points: Fair    1 point: Needs Improvement

95 → 90 → 85 → 80

(3.8)

(3)



Class 201Number 23

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

|   | PE Understanding and Skills<br>(體育理解與技能)                              | 5 | 4 | 3 | 2 | 1 | Language Understanding and Response<br>(語言理解與回應)                            | 5 | 4 | 3 | 2 | 1 | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|-----------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       |   |   |   |   |   |                                                                             |   |   |   |   |   |                     |
| 1 | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   | 1. Say five warm-up moves                                                   |   |   |   |   |   |                     |
|   | 做出 5 個暖身操動作                                                           |   |   |   | ✓ |   | <del>roll ankles, roll knees, roll hips, roll shoulders, stretch neck</del> | ✓ |   |   |   |   |                     |
| 2 | Unit 6: Activity 1(活動一)<br>請做出 Teddy Bear 或 I've Got the Rhythm 的舞蹈動作 |   |   |   |   |   | 2. Sing Teddy Bear or I've Got the Rhythm song                              |   |   |   |   |   |                     |
|   | 限時 30 秒                                                               |   |   |   | ✓ |   | 30 seconds                                                                  | ✓ |   |   |   |   |                     |
| 3 | Unit 4: Activity 3(活動三)上<br>下左右傳                                      |   |   |   |   |   | 3. Say "Pass the ball" from 4 directions                                    |   |   |   |   |   |                     |
|   | 正確做出上下左右傳球動作                                                          |   |   |   | ✓ |   | overhead, between legs, from the right, and from the left                   | ✓ |   |   |   |   |                     |
| 4 | Unit 4: Activity 4(活動四)<br>挑戰紅心                                       |   |   |   |   |   | 4. Say 同心圓 in English and explain how points are counted in this activity   |   |   |   |   |   |                     |
| 1 | 做出滾球姿勢                                                                |   | ✓ |   |   |   | centric circles                                                             | ✓ |   |   |   |   |                     |
|   |                                                                       |   |   |   |   |   | inner circle: 3 points; middle circle: 2 points; outer circle: 1 point      | ✓ |   |   |   |   |                     |
| 5 | Unit 5: Activity 5(活動五)<br>(攻佔城堡)                                     |   |   |   |   |   | 5. Say 單腳跳與雙腳跳 in English                                                   |   |   |   |   |   |                     |
| 1 | 做出單腳跳動作 (跳過呼拉圈與繩梯)                                                    |   |   | ✓ |   |   | single foot jump                                                            | ✓ |   |   |   |   |                     |
| 2 | 做出雙腳跳動作 (跳過呼拉圈與繩梯)                                                    |   |   | ✓ |   |   | double feet jump                                                            | ✓ |   |   |   |   |                     |

\*5 points: Excellent    4 points: Great    3 points: Good    2 points: Fair    1 point: Needs Improvement

95 → 90 → 85 → 80

(2.7)

(5)