

	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 <i>4</i>	✓					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

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|   | 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

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|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                           | 5 | 4 | 3 | 2 | 1 |                     |
| 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

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|   | 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 <u>5</u> 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

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|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                           | 5 | 4 | 3 | 2 | 1 |                     |
| 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

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|   | PE Understanding and Skills<br>(體育理解與技能)                              | 5 |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                                        |   |   |   |   | Additional Comments |  |
|---|-----------------------------------------------------------------------|---|---|---|---|---|-----------------------------------------------------------------------------------------|---|---|---|---|---------------------|--|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 | 5                                                                                       | 4 | 3 | 2 | 1 |                     |  |
| 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<br><i>4</i>                                               |   | ✓ |   |   |   | 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<br><i>inside</i> | ✓ |   |   |   |                     |  |
| 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

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|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                                                                     |   |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|----------------------------------------------------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                                                                      | 5 | 4 | 3 | 2 | 1 |                     |
| 1 | Warm-up Activity 1:<br>(暖身運動)                                         |   |   |   |   |   | 1. Say five warm-up moves                                                                                            |   |   |   |   |   |                     |
|   | 做出 <del>5</del> 個暖身操動作<br><u>4</u>                                    | ✓ |   |   |   |   | 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; <del>outer circle: 1 point</del><br><i>inside</i><br><i>outside</i> | ✓ |   |   |   |   |                     |
| 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

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|   | 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<br><u>4</u>                                               | ✓ |   |   |   |   | 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

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|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |   |   |   |   | Additional Comments |  |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|--|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                           | 5 | 4 | 3 | 2 | 1 |                     |  |
| 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<br>4                                                      |   | ✓ |   |   |   | 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

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|   | 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<br>4                                                      |   | ✓ |   |   |   | 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

(4.5)

W

(2.2)

|   | 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<br><u>4</u>                                               |   | ✓ |   |   |   | <u>roll ankles, roll knees, roll hips, roll shoulders, stretch neck</u>                               | ✓ |   |   |   |   |                     |
| 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                                                          | ✓ |   |   |   |   | <u>overhead, between legs, from the right, and from the left</u>                                      | ✓ |   |   |   |   |                     |
| 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                                                                                       |   |   |   |   | ✓ |                     |
|   |                                                                       |   |   |   |   |   | <del>is inside</del><br><u>inner circle: 3 points; middle circle: 2 points; outer circle: 1 point</u> | ✓ |   |   |   |   |                     |
| 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

4.5

4.5

|   | 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 <del>5</del> 個暖身操動作<br><u>4</u>                                    |   | ✓ |   |   |   | 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

(4.5)

(3)

|   | 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<br><u>4</u>                                               | ✓ |   |   |   |   | <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                                                          | ✓ |   |   |   |   | <del>overhead, between legs, from the right, and from the left</del>        |   | ✓ |   |   |   |                     |
| 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)                                                    | ✓ |   |   |   |   | <del>single foot jump</del>                                                 |   |   | ✓ |   |   |                     |
| 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 → 90  
 (4.8)  
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(3)

	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 4	✓					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

3.5

	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				✓		

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

95 → 90 → 85 → 80
 (4.5) (2.5)

	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

4.8

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4.3



|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                           | 5 | 4 | 3 | 2 | 1 |                     |
| 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<br>♀                                                      |   | ✓ |   |   |   | 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

4.5

4.4

|   | 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

4.6

3.5

Class 203

Number 20

Name \_\_\_\_\_

Subject: Grade 2 Physical Education

|   | PE Understanding and Skills<br>(體育理解與技能)                              |   |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|---|---|---|---|---|---------------------------------------------------------------------------|---|---|---|---|---|---------------------|
|   |                                                                       | 5 | 4 | 3 | 2 | 1 |                                                                           | 5 | 4 | 3 | 2 | 1 |                     |
| 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<br><u>4</u>                                               |   | ✓ |   |   |   | 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 (4.2) → 85 → 80

(3)

|   | 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<br><i>ψ</i>                                               |   | ✓ |   |   |   | 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<br><i>inside</i><br><i>outside</i> | ✓ |   |   |   |   |                     |
| 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

*4.2*

*(3)*















|   | PE Understanding and Skills<br>(體育理解與技能)                              | PE Understanding and Skills |   |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          | Language Understanding and Response |   |   |   |   | Additional Comments |
|---|-----------------------------------------------------------------------|-----------------------------|---|---|---|---|---------------------------------------------------------------------------|-------------------------------------|---|---|---|---|---------------------|
|   |                                                                       | 5                           | 4 | 3 | 2 | 1 |                                                                           | 5                                   | 4 | 3 | 2 | 1 |                     |
| 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

4.5

3.8

|   | PE Understanding and Skills<br>(體育理解與技能)                                                         |                                                                                     |                                                                                     |   |   |   | Language Understanding and Response<br>(語言理解與回應)                          |   |                                                                                     |                                                                                     |   |                                                                                       | Additional Comments |
|---|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---|---|---|---------------------------------------------------------------------------|---|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|---|---------------------------------------------------------------------------------------|---------------------|
|   |                                                                                                  | 5                                                                                   | 4                                                                                   | 3 | 2 | 1 |                                                                           | 5 | 4                                                                                   | 3                                                                                   | 2 | 1                                                                                     |                     |
| 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<br> |    |                                                                                     |   |   |   | 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

(4.6)

(3)

Class \_\_\_\_\_

Number 24

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

(4.5)

(3.4)

|   | 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

(4.6)  
we

(4)



|   | 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

(4.3)

(4)

Class \_\_\_\_\_

Number \_\_\_\_\_

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

Class \_\_\_\_\_

Number \_\_\_\_\_

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