

# 嘉義縣梅山鄉太興國小

Tai-Sing Elementary School in Chiayi County

110-1

## 雙語體育教案

Subject: PE

**Unit1: Doing Exercises Happily to Keep Health 快樂運動，活出健康 ----p. 2-12**

**Unit 2: The Master of the Rope Shadow 繩影高手-----p.13-25**

**Unit 3: Exotic Folk Dance 異國風情土風舞-----p.26-38**

**Unit: 4 My Best Friend, Ball. 與球相隨-----p.39-52**

Teacher : Dorothy(Chiya Juan 阮琦雅)

students: from the first graders to the fourth graders

Date : from 110.09.01 to 111.01.14

Time: 2:05p.m.~3:40p.m., every Friday afternoon

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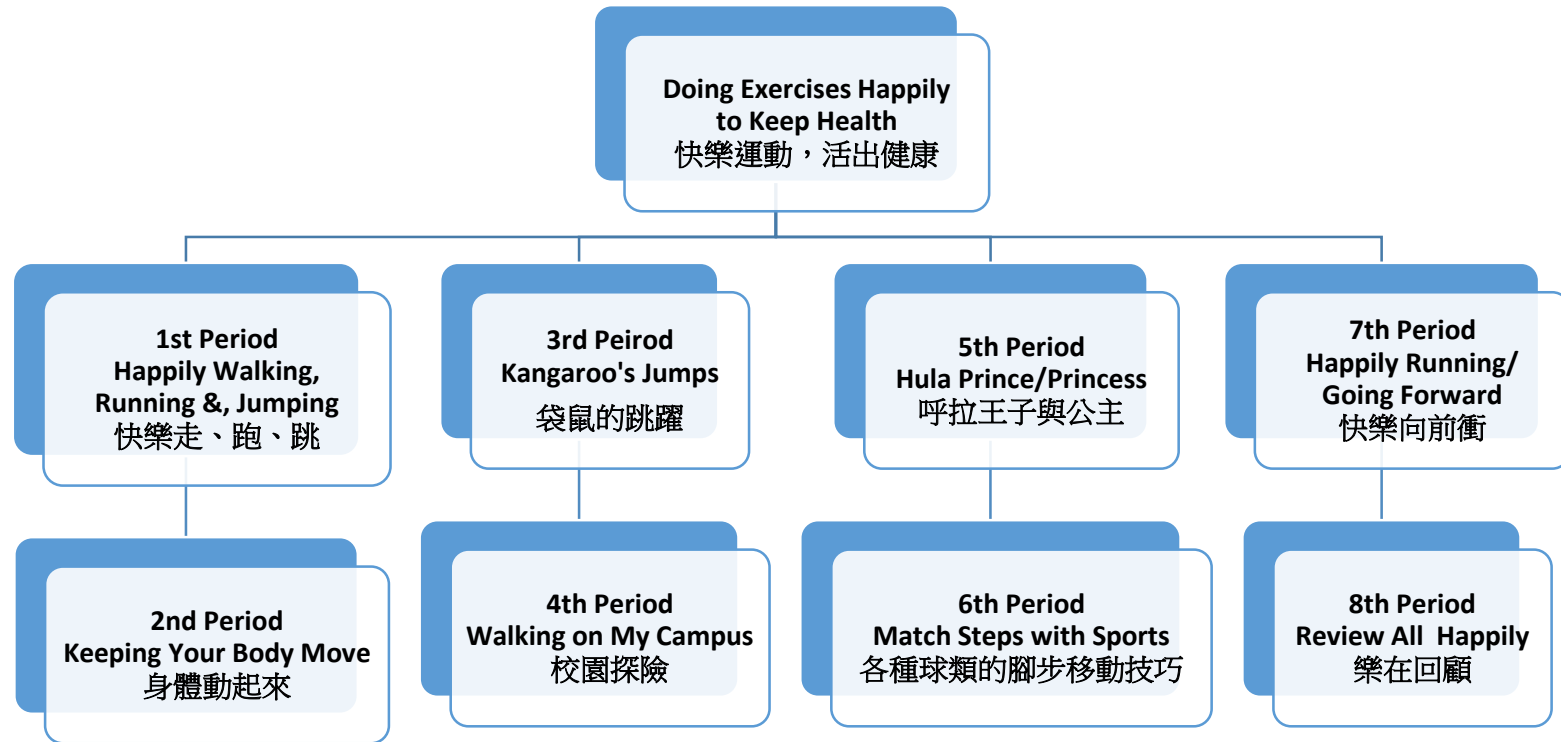
110 學年度嘉義縣梅山鄉太興國小體育雙語教案設計

領域/科目 Subject		PE(physical education)			設計者 Designer	阮琦雅	
班級 Class profile		年級(grades) 1~4	班級(class)	人數(number of students) 5	總節數 time	節 (periods)8	分鐘(minutes)320'
單元名稱		Unit 1 Doing Exercises Happily to Keep Health 快樂運動，活出健康					
設計依據							
		PE Field/體育領域(content)			English Field/英語領域(language)		
學習重點 Learning focus	學習表現 Students' performance	<p>1c-I-1 認識身體活動的基本動作表現聯合性的基本運動能力。</p> <p>1d-II-1 認識動作技能概念與動作練習策略。</p> <p>2c-II-1 養成遵守常規，表現出積極、正向的態度。</p> <p>2c-II-2 表現增進團隊合作、友善的互動行為。</p> <p>3C-III-1 表現穩定的身體控制和協調能力。</p> <p>3a-I-1 練習簡易的健康相關技能。</p> <p>3a-II-2 能於生活中獨立操作基本的健康技能。</p> <p>4a-I-2 養成健康的生活習慣。</p> <p>4d-II-2 參與提高體適能與基本運動能力的身體活動。</p>			<p>◎1- II -7 能聽懂課堂中所學的字詞。</p> <p>◎1- II -8 能聽懂簡易的教室用語。</p> <p>◎1- II -9 能聽懂簡易的日常生活用語。</p> <p>◎1- II -10 能聽懂簡易句型的句子。</p> <p>2- II -3 能說出課堂中所學的字詞。</p> <p>◎ 2- II -4 能使用簡易的教室用語。</p> <p>◎ 2- II -5 能使用簡易的日常生活用語。</p> <p>6- II -2 積極參與各種課堂練習活動。</p> <p>◎8- II -1 能了解國內外基本的招呼方式。</p>		
	學習內容 Learning content	<p>Ga-I-1 走、跑、跳遊戲。</p> <p>Ga-II-1 跑、跳與行進間的遊戲。</p>			<p>B- II -1 第二學習階段所學字詞及句型的生活溝通</p> <p>◎Ac- II -1 簡易的教室用語。</p> <p>◎Ac- II -2 簡易的生活用語。</p> <p>Ac- II -3 第二學習階段所學字詞。</p>		
核心素養 Core competency		<p>A1 具備身心健全發展的素質，擁有合宜的人性觀與自我觀，同時透過選擇、分析與運用新知，有效規劃生涯發展，探尋生命意義，並不斯自我精進，追求至善。</p> <p>C2 具備友善的人際情懷及與他人建立良好的互動關係，並發展與人溝通協調、包容異己、社會參與及服務等團隊合作的素養。</p>					

議題融入 Issue integration	□戶外教育 □品格教育 □安全教育 □生命教育		
教材來源 Materials	南一、翰林、康軒、網站、自編		
教學設備資源 Teaching aids/equipment	Hula hoops, ropes, basketballs, volley balls, soccers, bats, rackets, shuttlecocks, snacks		
學生背景 Students' Background	<b>【PE Field】</b> From the starters to the kids who knows some basic exercising rules <b>【English Field】</b> From starters to the kids who know how read with phonics and pronounce in English		
學習目標 Learning Objectives	PE Field/體育領域(content)		English Field/英語領域(language)
	體育		Language of learning
	C-1.能學會基本運動步伐：向前跑、向後跑、抬腿跑、S型跑、跨步跑、跑跳步、單腳跳、折返跑。		L-1. counting                      L-2. Parts of body
	C-2.能完成改變方向跑的動作。		L-3. directions                      L-4.activities
	C-3.能完成折返跑及跳跨扭合動作。		L-5. Hula Hoop                      L-6. Equipment for sports
	C-4.能在移動過程中作出方向的改變，以及單雙腳跳得連續運動。		L-7.the names of steps      L-8. My Favorite Activities
C-5.了解各種步伐的動作變化，建立跑跳的敏捷反應。		Language for learning	
C-6.能了解步伐在各球類中的運用。		教師用語 For teachers	學生用語 For students
C-7.能結合步伐與甩繩。		 Classroom English -Gather for a roll call -(name) -Eyes on my. -Eyes center. -Wings span -One, two, three, four ✧ Academic English -Move your neck front and back -Rotate your	Here/Yes. -Eyes on you. -Center -Span -One, two, three, four -neck front and back -shoulders
C-8.從活動中產生興趣，培養認真參與學習及愛好運動的習慣。			

		shoulders 5 times -Shake your hips left and right. -jumping Jacks -run, jump, skip, hop, Gallop -Do shuttle runs	5 times -hips -left and right -jumping Jacks - run, jump, skip, hop, Gallop -shuttle runs
		Language through learning	
		Express your mood. What's your favorite activity? How do like this activity? Do you enjoy your snacks?	
		Translanguaging	
		<ol style="list-style-type: none"> <li>1. Teacher introduces the vocabulary by doing the activity at the same time.</li> <li>2. Allow students to be a leader in turn and enhance them to catch up the meaning of the word through interaction.</li> <li>3. Students follow Teacher's directions and demonstration to pick up the meaning of the word.</li> </ol>	
情境脈絡 (文化/社區/公民實踐) Context (Culture/Community/Civic Practice)	Students use the various exercise steps they have learned and match exercise equipment to create an activity design guideline for their own age. Through the activities, they carefully learn various exercise steps, and make good use of the physical activity process. Finally, share what you have learned and fill your own life with joy. 學生運用所學各種運動步伐，配搭體育設備，為他們自己的年齡創建有趣的活動課程設計。透過活動，熟練所學各種運動步伐，並善用體育設備於活動中。最後分享，其中所學及帶給自己生活樂趣。		

課程架構圖 Curriculum Diagram



教學活動設計 Classroom procedure

時間分配 Distribution of time

節 (period)	日期(date)	教學重點 Main points of teaching	
		PE Field 體育領域(content)	English Field 英語領域(content)
1 <sup>st</sup> Happily Walking, Running &, Jumping 快樂走、跑、跳	110.09.03	<b>Happily Walking, Running &amp;, Jumping 快樂走、跑、跳</b> <b>1. the ways to move your legs: walk, run, jump, skip, hop</b>	<b>Speaking by practicing:</b> <b>1. Go up/down stairs.</b> <b>2. Run forward/ backward.</b> <b>3. jump, skip, hop</b>
2nd Period Keeping Your Body Move 身體動起來	110.09.03	<b>to feel the parts of your body through moving</b> <b>2-1 Move your neck.                      2-2 Rotate your shoulders.</b> <b>2-3 Move your hips.                      2-4 Jumping Jacks.</b>	<b>Speaking out the key words:</b> <b>1. numbers: count from one to five</b> <b>2. Parts of your body: neck, shoulders, hips, jumping Jacks</b>
3 <sup>rd</sup> Period Kangaroo's Jumps 袋鼠的跳躍	110.09.10	<b>Jumping games</b> <b>1.Kangaroos Hops</b> <b>2. setting the rules to win or lose</b>	<b>1. directions: front &amp; back, left &amp; right</b> <b>2. a finger-guessing game: paper, scissors, stone</b> <b>3. jump, move outside</b> <b>4. winner, loser</b>
4th Period Walking on My Campus 校園探險	110.09.10	<b>Acting brawn with the equipment on the playground</b> <b>1. Hop Scotch</b> <a href="https://www.youtube.com/watch?v=xylE4Kd3m-g">https://www.youtube.com/watch?v=xylE4Kd3m-g</a> <b>2. Running around</b> <b>3. How to SWING on a Swing Set!</b> <a href="https://www.youtube.com/watch?v=F0uCFLriI0Q">https://www.youtube.com/watch?v=F0uCFLriI0Q</a>	<b>1. walk, run, skip, hop, swing</b> <b>2. play on swing</b>
5 <sup>th</sup> Hula prince/princess shaking your hips	110.09.17	<b>Hula Hooping: How to Move and Dance with a Hula Hoop</b> <b>1. shaking your hips left and right</b> <b>How to Hula Hoop for Total Beginners</b> <a href="https://www.youtube.com/watch?v=0visc3p6uAA">https://www.youtube.com/watch?v=0visc3p6uAA</a>	<b>1. shaking your hips left and right</b> <b>2. make that squish push</b>

		<b>2. moving with rhythm</b> <a href="https://www.youtube.com/watch?v=N63DJOPWof0">https://www.youtube.com/watch?v=N63DJOPWof0</a>	
6th Period Match Steps with Sports 各種球類的腳步移動技巧	110.09.17	<b>Obseving &amp; Thinking:</b> <b>1. Take a look and guess what equipment goes with the sport.</b> <b>2. Think about what kinds of footsteps go with the sports you play</b>	<b>1. The names of sports</b> <b>Badminton, basketball, tee ball, volley ball</b> <b>2. The equipment of sports</b> <b>Bats, rackets, shuttlecocks</b> <b>3. guess the kind of footsteps with the sports</b>
7th Period Happily Running/ Going Forward 快樂向前衝	110.09.24	<b>Run for laps</b> <b>1. Get set go.</b> <b>2. Run as fast as you can.</b>	<b>1. run</b> <b>2. one lap</b> <b>3. Get set go.</b> <b>4. Stop running.</b>
8 <sup>th</sup> Period Review All Happily 樂在回顧	110.09.24	<b>Get your blood flowing by presenting what you've learned this month.</b> <b>Design an activity to review and apply to what you've learned in PE this month.</b>	<b>Review key words and sentences by practicing.</b>

學習目標 Learning objectives	教師活動 Teacher's activities		教學設備/資源 Teaching aids/equipment	時間 (分) Time	評量 Evaluation
	教師活動 Teacher's activities	學生活動 Students' activities			
1. C-1 L-4	1 <sup>st</sup> Period:	1 <sup>st</sup> Period:		40'	
	<b>1. TPR:walk, run, jump, skip, hop</b>	<b>1. Go up/down stairs.</b> <b>2. Run forward/ backward.</b> <b>3. jump, skip, hop</b>	Plastic dishes Hula hoops		能聽懂指令並完成活動關卡
2. C-4	2 <sup>nd</sup> Period:	2 <sup>nd</sup> Period:		40'	
	<b>1 Move your neck.</b>	<b>1 Neck</b>	Hula hoops		跟隨口令



L- 2	<p>&lt;front and back&gt; &lt;One, two, three&gt;X4</p> <p>2 Rotate your shoulders.</p> <p>&lt;front 5 times&gt; &lt;back 5 times&gt;</p> <p>3 Move your hips.</p> <p>&lt;left &amp; right&gt; &lt;One, two, three&gt;X4</p> <p>4 Jumping Jacks.</p> <p>&lt;One, two, three&gt;X4</p>	<p>&lt;front &amp; back&gt;</p> <p>&lt;one&gt;&lt;two&gt;&lt;three&gt;&lt;four&gt;</p> <p>2 Shoulders</p> <p>&lt;One, two, three, four, five&gt;X5</p> <p>3 Hips</p> <p>&lt;left &amp; right&gt; &lt;one&gt;&lt;two&gt;&lt;three&gt;&lt;four&gt;</p> <p>4 Jumping Jacks.</p> <p>&lt;one&gt;&lt;two&gt;&lt;three&gt;&lt;four&gt;</p>			進行暖身 並跟著復 誦
3.	3 <sup>rd</sup> Period:	3 <sup>rd</sup> Period:		40'	
C-2 L-3	<p>1Tuck in the flax bag and jump like a kangaroo</p> <p>2When you two teams meet, play the finger-guessing game</p> <p>3The winner goes forward, and the loser goes outside</p>	<p>1 Kangaroo's jump</p> <p>2 Paper, scissors, stone</p> <p>3 I'm the winner/loser.</p>	Hula hoops		能做出雙 腳跳躍運 動並保持 平衡前進
4.	4 <sup>th</sup> Period:	4 <sup>th</sup> Period:		40'	
C-5 L-7	<p>1your mission: hop and jump, run and hang on the a horizontal bar, swing</p>	<p>1Hop, hop,..., jump, hop and jump</p> <p>2Run and run, and</p> <p>3hang on the a horizontal bar,</p> <p>4swing</p>	Hula hoops		能在移動 過程中作 出方向的 改變。
5.	5 <sup>th</sup> Period	5 <sup>th</sup> Period		40'	
C-4 L-5	<p>1Shake your hips</p> <p>2 make that squish push</p>	<p>1Shake my hips, left and right.</p> <p>2squish push</p>	Hula hoops		能作 步伐變化
6.	6 <sup>th</sup> Period	6 <sup>th</sup> Period		40'	
C-3, 6 L- 6	<p>Obseving &amp; Thinking:</p> <p>1. Take a look and guess</p>	<p>1. The names of sports</p> <p>2. The equipment of sports</p>	Hula hoops Balls: basketballs,		能完成折 返跑並聽

	what equipment goes with the sport. 2. Think about what movements happen while one sport is performing.	3. Match the steps with the sports.	volleyballs, shuttlecocks, ping-pong, tee balls		懂運動器材名稱
7.	7 <sup>th</sup> Period	7 <sup>th</sup> Period		40'	
C-7 L-1	1Run forward one lap 1skip /push up, jump, and clap forward 2jump/hop/skip/run forward & backward	1run one lap 1skip, jump, hop, run, and push up, jump, clap forward	Hula hoops		能結合步伐與甩繩。
8.	8 <sup>th</sup> Period	8 <sup>th</sup> Period		40'	
C- 8 L-8	Design your favorite activities with the equipment you choose.	1, 2, 3,.... jump/hop/skip/run/...	Hula hoops Jump ropes		能參與學習

Appendix I. Teaching process photos

1. 1st Period: Happily Walking, Running &, Jumping 快樂走、跑、跳



Learning various footsteps in PE



2nd Period: 身體動起來



Apply the footsteps you learned with hula hoops

3rd Period: the Little Explorer 小小探險家



kangaroo's jumps and activities on the playground



4th Period: Hula prince/princess



Shaking your hula hoop left and right.



5th Period: Running-and-Jumping Games 跑跳遊戲

6th Period: Match Steps with Sports 各種球類的腳步移動技巧





the different ways of footsteps



running



Do shuttle runs.



Learn the names of the equipment by doing shuttle runs.

7th Period: Happily Running/Going Forward 快樂向前衝

8th Period: Review All Happily 樂在回顧



Run as fast as you can.



Rotate your shoulders.



Reviewing what you've learned



Applying what footsteps to the activity

# 嘉義縣梅山鄉太興國小

Tai-Sing Elementary School in Chiayi County

110-1

## 雙語體育教案

Subject: PE

Unit 2: The Master of the Rope Shadow 繩影高手

Teacher : Dorothy(Chiya Juan)


students: from the first graders to the fourth graders

Date : from 110.09.01 to 111.01.14

Time: 2:05p.m.~3:40p.m., every Friday afternoon

110 學年度嘉義縣梅山鄉太興國小體育雙語教案設計

領域/科目 Subject		PE(physical education)			設計者 Designer		
班級 Class profile		年級(grades) 1~4	班級(class)	人數(number of students) 5	總節數 time	8 節 (periods)	320 分鐘(minutes)
單元名稱		Unit2 The Master of the Rope Shadow 繩影高手					
設計依據							
		PE Field/體育領域(content)			English Field/英語領域(language)		
學習重點 Learning focus	學習表現 Students' performance	1c- II -1 認識身體活動的動作技能。 1d- I -1 描述動作技能基本常識。 2d- I -1 專注觀賞他人的動作表現。 2d- II -1 描述參與身體活動的感覺。 1d- II -1 認識動作技能概念與動作練習的策略。 2c- II -1 遵守上課規範和運動比賽規則。 2c- II -3 表現主動參與、樂於嘗試的學習態度。 3c- II -1 表現聯合性動作技能。 3d- II -1 運用動作技能的練習策略。			◎1- II -7 能聽懂課堂中所學的字詞。 ◎1- II -8 能聽懂簡易的教室用語。 ◎1- II -9 能聽懂簡易的日常生活用語。 ◎1- II -10 能聽懂簡易句型的句子。 2- II -3 能說出課堂中所學的字詞。 ◎ 2- II -4 能使用簡易的教室用語。 ◎ 2- II -5 能使用簡易的日常生活用語。 6- II -2 積極參與各種課堂練習活動。 ◎8- II -1 能了解國內外基本的招呼方式。		
	學習內容 Learning content	Bc- I -1 各項暖身伸展動作。 Bc- II -1 暖身、伸展動作原則。 Cb- I -2 班級體育活動。 Cb- II -1 運動安全規則、運動增進生長知識。 Ic- I -1 民俗運動基本動作與遊戲。 Ic- II -1 民俗運動基本動作與串接。			B- II -1 第二學習階段所學字詞及句型的生活溝通 ◎Ac- II -1 簡易的教室用語。 ◎Ac- II -2 簡易的生活用語。 Ac- II -3 第二學習階段所學字詞。		
核心素養 Core competency		健體-E-C2 具備同理他人感受，在體育活動和 健康生活中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。					

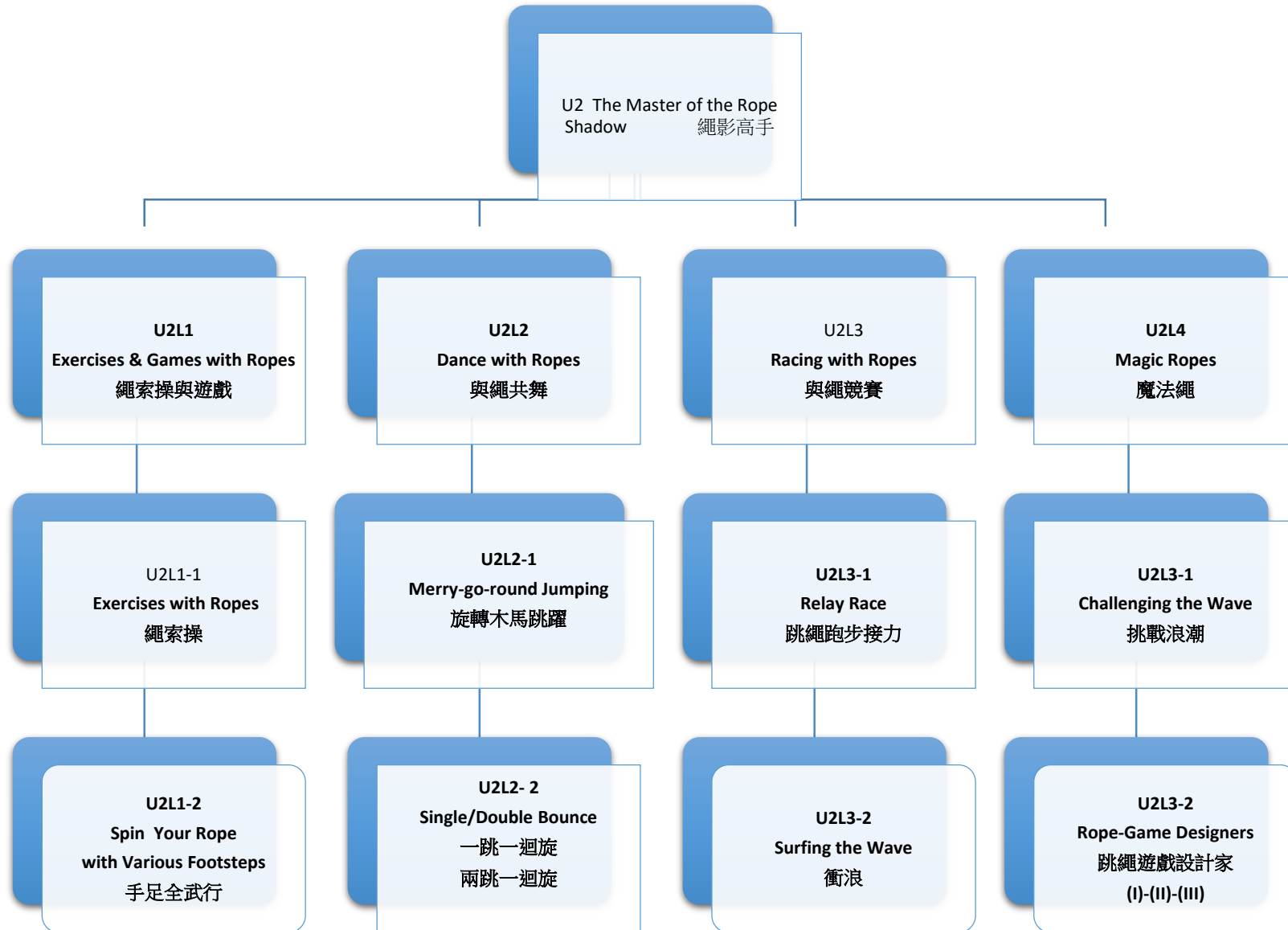
議題融入 Issue integration			
教材來源 Materials 參考資料 References	南一、翰林、康軒、網站、自編		
教學設備資源 Teaching aids/equipment	Jump ropes, snacks		
學生背景 Students' Background	<p>【PE Field】 From the starters who don't know how to jump rope to the students who has learned how to</p> <p>【English Field】 From starters to the kids who know how read with phonics and pronounce in English</p>		
學習目標 Learning Objectives	PE Field/體育領域(content)		English Field/英語領域(language)
	C-1 手能有規律用繩、操作繩索，以完成伸展運動。 C-2 能作出各種腳步運動配合甩繩 C-3 能利用跳繩完成團隊活動 C-4 能做出跳繩的一跳一迴旋/兩跳一迴旋、及跑步跳。 C-5 能樂於參與跳繩遊戲。 C-6 能從遊戲中增進跳繩的技能。 C-7 能為達成團隊任務，培養默契各司其職。 C-8 能在回顧中用繩設計活動。		Language of learning
			L-1 the way to hold the rope and positions
			L-2 various footsteps
			L-3 dancing with ropes
			L-4 single/double bounce
L-5 jump rope in relays			
L-6 the skills of jump rope			
L-7 teamwork			
L-8 brainstorm			
			Language for learning
		教師用語 For teachers	學生用語 For students
		 Classroom English	

		<ul style="list-style-type: none"> <li>-Eyes on my.</li> <li>-Eyes center.</li> <li>-Wings span</li> <li>-One, two, three, four</li> <li>-recess</li> <li>✧ Academic English</li> <li>-Move your neck front and back</li> <li>-Rotate your shoulders 5 times</li> <li>-Shake your hips left and right.</li> <li>-jumping Jacks</li> <li>➤ -techniques</li> <li>-hold your rope</li> <li>-spin your rope</li> <li>-left, right, above your head</li> <li>-stretch your body/arms/...</li> <li>-dance with ropes</li> <li>-single bounce</li> <li>-the surfing games</li> <li>-the wave jumping</li> <li>-the the relay race</li> </ul>	<ul style="list-style-type: none"> <li>-Eyes on you.</li> <li>-Center</li> <li>-Span</li> <li>-One, two, three, four</li> <li>-Thank you, teacher.</li> <li>-neck front and back</li> <li>-shoulders 5 times</li> <li>-hips left and right</li> <li>-jumping Jacks</li> <li>-hold</li> <li>-spin</li> <li>-left, right, above my head</li> <li>-stretch</li> <li>-dance with ropes</li> <li>-single bounce</li> <li>-the surfing games</li> <li>-the wave jumping</li> <li>-the the relay race</li> </ul>
		Language through learning	
		What did you gain in class? What did you observe?	



		<p>What activity with jump rope can you design?</p> <p style="text-align: center;">Translanguaging</p> <ol style="list-style-type: none"> <li>1. Teacher introduces the vocabulary by doing the activity at the same time.</li> <li>2. Allow students to be a leader in turn and enhance them to catch up the meaning of the word through interaction.</li> <li>3. Students follow Teacher's directions and demonstration to pick up the meaning of the word.</li> </ol>
<p>情境脈絡 Context</p> <p>Techniques/personal activities/group activities/enjoy jump rope in the daily life</p>	<p>手能有規律甩繩、操作繩索，以完成伸展運動。而後，能作出各種腳步運動配合甩繩。再能利用跳繩完成團隊活動。使能做出跳繩的一跳一迴旋/兩跳一迴旋、及跑步跳。目標在於能為達成團隊任務，培養默契各司其職。最後，能在回顧中用繩設計活動。</p> <p>The hands can start throwing ropes and ropes for stretching exercises. After that, he can make a variety of pace exercises with ropes. Then you can use the rope activities of the skipping team. Enable one jump one spin/two jump one spin, and running jump of skipping rope. The goal is to participate in gathering tasks and cultivate tacit understanding to perform their duties. Finally, it can be reviewed in the rope design activity.</p>	

## 課程架構圖 Curriculum Diagram



教學活動設計 Classroom procedure

時間分配 Distribution of time

節	日期	教學重點	
		PE Field 體育領域(content)	English Field 英語領域(content)
1 <sup>st</sup> Exercises & Games with Ropes 繩索操與遊戲	110.10.01	<ul style="list-style-type: none"> <li>● Do exercises with the rubber band rope.</li> </ul> <ol style="list-style-type: none"> <li>1. how to hold and move the rope.</li> <li>2. Stretch and enhance your muscles.</li> </ol>	<ul style="list-style-type: none"> <li>● the way to hold the rope and the parts of the body</li> </ul> <ol style="list-style-type: none"> <li>1 Hold/Move your rope at the ends like this.</li> <li>2 Stretch your body/arms/legs.</li> </ol>
2 <sup>nd</sup> Spin Your Rope with Various Footsteps 手足全武行	110.10.01	<ul style="list-style-type: none"> <li>● Spin the rope.</li> </ul> <ol style="list-style-type: none"> <li>1. Learn how to spin the rope in different directions.</li> <li>2. Various footsteps go with the ways you spin the rope.</li> </ol>	<ul style="list-style-type: none"> <li>● the directions</li> </ul> <ol style="list-style-type: none"> <li>1. left, right, over your head</li> <li>2. move left/right, skip/gallop</li> </ol>
3 <sup>rd</sup> Merry-go-round Jumping 旋轉木馬跳躍	110.10.08	<ul style="list-style-type: none"> <li>● Merry-go-round jumping</li> </ul> <ol style="list-style-type: none"> <li>1. Learn how to keep spinning.</li> <li>2. Practice how to jump over the rope passing by.</li> </ol>	<ul style="list-style-type: none"> <li>● The activities</li> </ul> <ol style="list-style-type: none"> <li>1. spin</li> <li>2. jump</li> </ol>
4 <sup>th</sup> single/double bounce 一跳一迴旋 兩跳一迴旋	110.10.08	<ul style="list-style-type: none"> <li>● Single/double bounce</li> </ul> <ol style="list-style-type: none"> <li>1. single bounce</li> <li>2. double bounce</li> </ol>	<ul style="list-style-type: none"> <li>● The steps of jump rope</li> </ul> <ol style="list-style-type: none"> <li>1. the rope behind your feet</li> <li>2. move to the front</li> <li>3. jump once/twice</li> </ol>
5 <sup>th</sup> challenging the wave 挑戰浪潮	110.10.15	<ul style="list-style-type: none"> <li>● Relay Race</li> </ul> <ol style="list-style-type: none"> <li>1. Build up teamwork through jump rope in relays.</li> <li>2. Practice jump rope.</li> </ol>	<ul style="list-style-type: none"> <li>● Take turns</li> </ul> <ol style="list-style-type: none"> <li>1. line up</li> <li>2. take turns</li> <li>3. jump rope in relays</li> </ol>

			<b>4. round the cone</b>
6 <sup>th</sup> Jumping- Wave Challenge 浪跳	110.10.15	<ul style="list-style-type: none"> <li>● Surfing the Wave</li> <li><b>1. swing the rope</b></li> <li><b>2. jump over the rope by turns</b></li> </ul>	<ul style="list-style-type: none"> <li>● The skills of jump rope</li> <li><b>1. swing left and right</b></li> <li><b>2. jump over the rope</b></li> </ul>
7 <sup>th</sup> Relay Race 跳繩跑步接力	110.10.22	<ul style="list-style-type: none"> <li>● Challenging the Wave</li> <li><b>1. swing the rope</b></li> <li><b>2. jump back and forth the rope as many as possible</b></li> </ul>	<ul style="list-style-type: none"> <li>● Teamwork</li> <li><b>1. do something together</b></li> <li><b>2. keep the same tempo</b></li> </ul>
8 <sup>th</sup> (I) Rope-Game Designers 跳繩遊戲設計家	110.10.22	<ul style="list-style-type: none"> <li>● Be Rope-Game Designers</li> <li><b>1. Design the activities according to what you learned from jump rope together.</b></li> <li><b>2. Offer ideas.</b></li> </ul>	<ul style="list-style-type: none"> <li>● Brainstorm</li> <li><b>1. What's your favorite in jump rope?</b></li> <li><b>2. How do you like this activities?</b></li> </ul>
9 <sup>th</sup> (II) Rope-Game Designers 跳繩遊戲設計家	110.10.29	<ul style="list-style-type: none"> <li>● Be Rope-Game Designers</li> <li><b>1. Design the activities according to what you learned from jump rope together.</b></li> <li><b>2. Arrange the ideas .</b></li> </ul>	<ul style="list-style-type: none"> <li>● Brainstorm</li> <li><b>1. Have a brainstorm.</b></li> <li><b>2. How about this one?</b></li> <li><b>3. Which goes first/second/...?</b></li> </ul>
10 <sup>th</sup> (III) Rope-Game Designers 跳繩遊戲設計家	110.10.29	<ul style="list-style-type: none"> <li>● Be Rope-Game Designers</li> <li><b>1. Design the activities according to what you learned from jump rope together.</b></li> <li><b>2. Perform what you create.</b></li> </ul>	<ul style="list-style-type: none"> <li>● Brainstorm</li> <li><b>1. I like this one.</b></li> <li><b>2. I don't like this one.</b></li> <li><b>3. Let's try it.</b></li> </ul>

學習目標 Learning objectives	教師活動 Teacher's activities		教學設備/資源 Teaching aids/equipment	時間 (分) Time	評量 Evaluation
	教師活動 Teacher's activities	學生活動 Students' activities			
1. C-1 L-1	1 <sup>st</sup> Period: 1. Control your rope and use it to do exercises 1-1. Hold the rope and move it. 1-2. Fold your rubber band rope twice. 1-3. And hold one end in the left and and the other in the right hand. 1-4. And then start to stretch your legs and arms, and bend your body forward and backward with the help of your rope.	1 <sup>st</sup> Period: 1. the parts of your body 1-1. Move your rope up to your waist/chest/head. 1-2. Fold your rope like this. 1-3. Hold the rope like this.  1-4. Stretch your body/arms/legs.	Jump ropes	40'	Performance Evaluation in PE. Oral evaluation in English
2. C-2 L-2	2 <sup>nd</sup> Period: 2. #1 Spin the rope 2-1. Spin your rope on the left. 2-2. Spin your rope on the right. 2-3. Spin the rope above your head. 2-4 Spin the rope under your feet. 2. #2 the footsteps 2-5 Move left. 1, 2, 3, 4. Move right. 1, 2, 3, 4. Skip/Gallop forward. 1, 2, 3, 4.	2 <sup>nd</sup> Period: 2. #1 the directions 2-1. Spin left. 2-2. Spin right. 2-3. Spin above my head. 2-4. Spin under my feet. 2. #2 the footsteps 2-5. move left/right, skip/gallop	Jump rope	40'	Performance Evaluation in PE. Oral evaluation in English
3. C-3 L-3	3 <sup>rd</sup> Period: Play the game, Merry-go-round. 3-1 One spins the rope in the center of the	3 <sup>rd</sup> Period: Learn activities. 3-1 Spin over your head.	Jump rope	40'	Performance Evaluation in PE.

	circle, which is surrounded by the others. 3-2 Each surrounds the circle jump while the rope is passing under one's feet.	3-2 jump over the rope			Oral evaluation in English
4. C-4 L-4	4 <sup>th</sup> Period: Jump rope by yourself---single/double bounce 4-1 Each stands getting one rope and holds one end with one hand and the other with the other hand. And keep the rope behind where each stands. 4-2 Swing the rope forward over your head and jump once/twice while the rope is passing your feet. 4-3 While you are jumping the rope, keep your toes touching the ground only.	4 <sup>th</sup> Period: Learn the steps to jump rope. 4-1 Get the rope. Hold your rope.  4-2 jump once/twice.  4-3 Toes touch the ground only.	Jump rope	40'	Performance Evaluation in PE. Oral evaluation in English
5. C-5 L-5	5 <sup>th</sup> Period: Relay race: 5-1 line up 5-2 Do single/double bounce around the cone in the middle of the basketball court one by one.	5 <sup>th</sup> Period: Take turns 5-1 line up 5-2 take turns 5-3 jump rope in relays 5-4 around the cone	Jump rope	40'	Performance Evaluation in PE. Oral evaluation in English
6 C-6 L-6	6 <sup>th</sup> Period: Surf the Wave 6-1 swing the rope 6-2 jump over the rope by turns	6 <sup>th</sup> Period: The skills of jump rope 6-1 swing the rope 6-2 jump over the rope	Jump rope	40'	Performance Evaluation in PE. Oral evaluation in English

7	7 <sup>th</sup> Period:	7 <sup>th</sup> Period:		40'	Performance
C-7	<b>Challenging the Wave</b>	teamwork	Jump rope		Evaluation in PE.
L-7	<b>7-1 Each of two keeps swinging one end of the rope.</b> <b>7-2 The others try to jump over the rope back and forth.</b>	7-1 swing left and right together 7-2 jump back and forth together 7-3 keep going			Oral evaluation in English
8	8 <sup>th</sup> Period:	8 <sup>th</sup> Period:		40'	Performance
C-8	● Be Rope-Game Designers	● Brainstorm	Jump rope & snacks		Evaluation in PE.
L-8	<b>8-1 Share your favorite from jump rope.</b> <b>8-2 List all you share.</b>	<b>8-1 Do you like...?</b> <b>8-2 Yes, I do.</b> <b>8-3 No, I don't.</b>			Oral evaluation in English
9	9 <sup>th</sup> Period:	9 <sup>th</sup> Period:		40'	Performance
C-8	● Be Rope-Game Designers	● Brainstorm	Jump rope & snacks		Evaluation in PE.
L-8	<b>9-1 Discuss which you want to perform.</b> <b>9-2 Arrange which you want to perform.</b>	<b>9-1 Do you think so?</b> <b>9-2 Yes. I agree.</b> <b>9-3 No. I don't think so.</b> <b>9-4 No. I disagree.</b>			Oral evaluation in English
10	10 <sup>th</sup> Period:	10 <sup>th</sup> Period:		40'	Performance
C-8	● Be Rope-Game Designers	● Brainstorm	Jump rope & snacks		Evaluation in PE.
L-8	<b>10-1 Recite the list.</b> <b>10-2 Perform what you create.</b>	<b>10-1 Let me perform this one.</b> <b>10-2 You go first.</b> <b>10-3 I'll be the next.</b>			Oral evaluation in English

Appendix I. Teaching process photos

1. 1st Period:



2nd Period:



3rd Period:



single/double bounce

4<sup>th</sup> Period



Training single bounce



criss cross

成果影片

[https://drive.google.com/file/d/1tTX0U\\_JROXk3Uiv7PCGA51nAuE4OKG3\\_/view?usp=sharing](https://drive.google.com/file/d/1tTX0U_JROXk3Uiv7PCGA51nAuE4OKG3_/view?usp=sharing)

g.



Comprehensive activities:  
Having snacks and sharing jump rope



5th Period



wave jump

成果影片

<https://drive.google.com/file/d/1->

[OTHzc45RBmWarOg85CyD1QcCO773v5N/view?usp=sharing](https://drive.google.com/file/d/1-OTHzc45RBmWarOg85CyD1QcCO773v5N/view?usp=sharing)

6th Period



# 嘉義縣梅山鄉太興國小

Tai-Sing Elementary School in Chiayi County

110-1

## 雙語體育教案

Subject: PE

**Unit 3: Exotic Folk Dance** 異國風情土風舞

Teacher : Dorothy(Chiya Juan)

students: from the first graders to the fourth graders

Date : from 110.09.01 to 111.01.14

Time: 2:05p.m.~3:40p.m., every Friday afternoon

110 學年度嘉義縣梅山鄉太興國小體育雙語教案設計

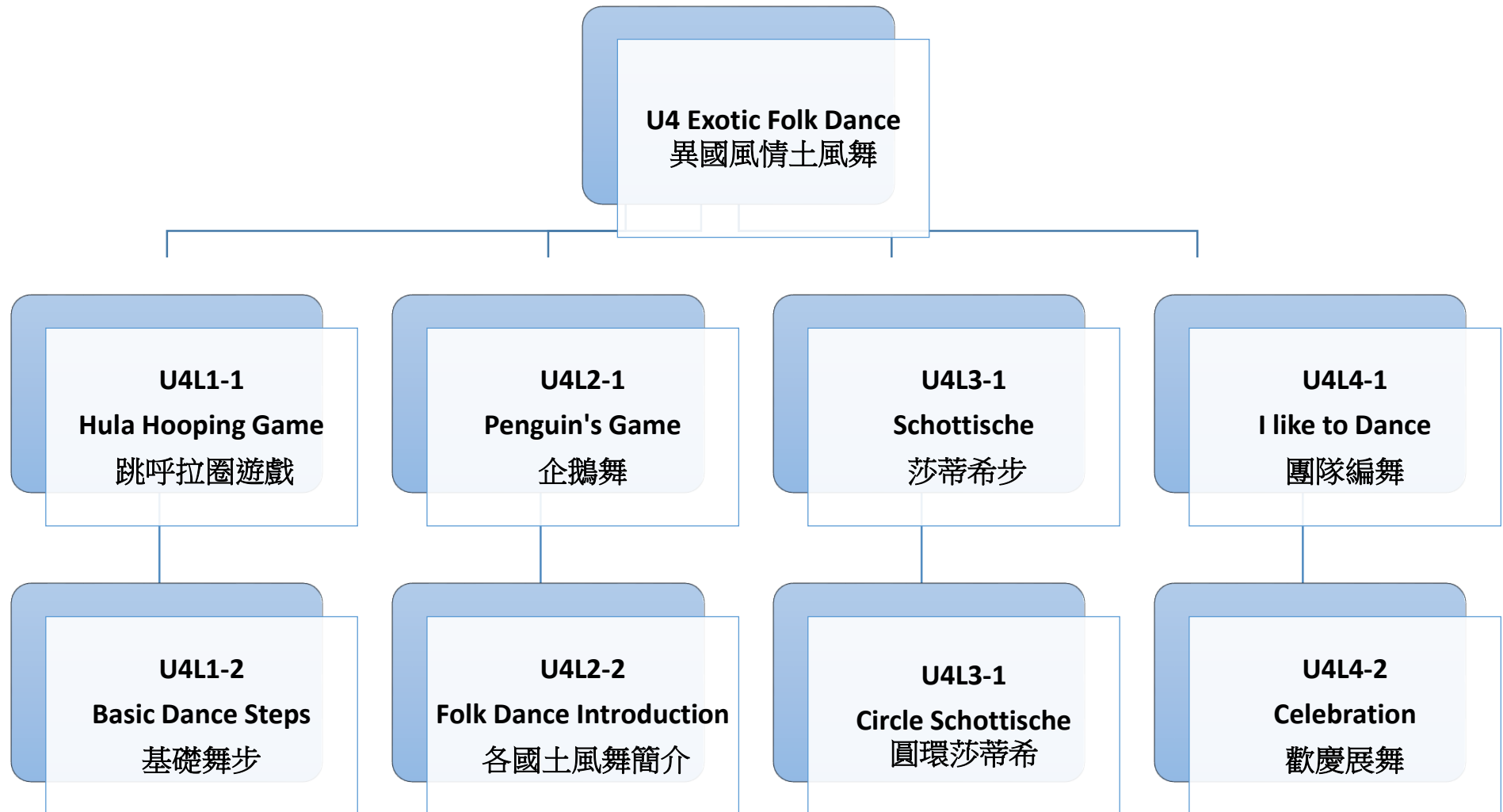
領域/科目 Subject		PE(physical education)			設計者 Designer	
班級 Class profile		年級(grades) 1~4	班級(class)	人數(number of students) 5	總節數 time	節 (periods) 分鐘(minutes)
單元名稱 Unit		Exotic Folk Dance 異國風情土風舞				
設計依據						
		PE Field/體育領域(content)			English Field/英語領域(language)	
學習重點 Learning focus	學習表現 Students' performance	<p>1d-II-1 認識動作技能概念與動作練習的策略。</p> <p>2c-II-1 遵守上課規範和運動比賽規則。</p> <p>3c-II-2 透過身體活動，探索運動潛能與表現正確的身體活動。</p> <p>4c-II-2 了解個人體適能與基本運動能力表現。</p>			1-II-7 能聽懂課堂中所學的字詞。	
	學習內容 Learning content	<p>Ib-II-1 音樂律動與模仿性創作舞蹈。</p> <p>Ib-II-2 土風舞遊戲。</p>			B-II-1 第二學習階段所學字詞及句型的生活溝通。	
核心素養 Core competency		健體-E-A1				

	<p>具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的特質。</p> <p><b>健體-E-B1</b></p> <p>具備運用體育與健康之相關符號知能，能以同理心應用在生活中的運動、保健與人際溝通上。</p> <p><b>健體-E-C2</b></p> <p>具備同理他人感受，在體育活動和健康生活中樂於與人互動，並與團隊成員合作，促進身心健康。</p>	
<p>議題融入</p> <p>Issue integration</p>		
<p>教材來源 Materials</p> <p>參考資料 References</p>	南一、翰林、康軒、網站、自編	
<p>教學設備資源</p> <p>Teaching aids/equipment</p>	Hula hoops, music, film	
<p>學生背景</p> <p>Students' Background</p>	<p><b>【PE Field】</b> From the starters who don't know how to jump rope to the students who has learned how to</p> <p><b>【English Field】</b> From starters to the kids who know how read with phonics and pronounce in English</p>	
<p>學習目標</p> <p>Learning Objectives</p>	<b>PE Field/體育領域(content)</b>	<b>English Field/英語領域(language)</b>
	<p>C-1能透過呼拉圈的體操遊戲認識舞蹈的肢體運動</p> <p>C-2認識土風舞基本動作</p> <p>C-3 能從觀賞影片後，分享其中舞步。</p> <p>C-4 能跟著拍子起舞。</p> <p>C-5 能結合拍子跟著舞曲作出 2-3 個舞動。</p>	<b>Language of learning</b>
		<p>L-1 the parts of the body</p> <p>L-2 the various poses for dancing steps</p> <p>L-3 sharing from the film what you know about the poses for dancing steps</p> <p>L-4 Dance with the beats/tempo</p> <p>L-5 Dance and call out the names of the dancing pose</p>

	C-6 能和組群共商舞步。	L-6 Discuss dancing pose with your group
	C-7 能和同學隨著舞曲，表演所共編的舞步。	L-7 Words used during the performance
	C-8 能透過身體表現與小組合作方式，展現基本舞蹈運動能力。	L-8 How to praise the dancers performing well
	Language for learning	
	教師用語 For teachers	學生用語 For students
	Eyes on me 看老師 Listen up 注意聽 Attention 立正 At ease 稍息 Q: How many laps do we run? 老師: 今天我們跑操場幾圈? A: We run for ___ laps. 學生: 我們跑__圈。 Let' s do the warm-up activities. 一起做暖身 Class dismissed. 下課	Eyes center 中央伍為準 Eyes front 向前看齊 Hands forward 向前看 Hands down 手放下 Wings span 手向兩旁打開伸直 Eyes on you 我會注意看老師
	Language through learning	
	Express your mood. What's your favorite activity? How do you like this activity? Do you enjoy your snacks?	
Translanguaging		
1. Teacher introduces the vocabulary by doing the activity at the same time.		

		<p>2. Allow students to be a leader in turn and enhance them to catch up the meaning of the word through interaction.</p> <p>3. Students follow Teacher's directions and demonstration to pick up the meaning of the word.</p>
<p>情境脈絡 Context (文化 Culture/土風舞 folk dances)</p>	<p>Feel your body from gymnastics first. And then learn some poses of the dancing steps. Next, learn the stories about the folk dances. Listen to the music and count the beats. Learn the poses of the dancing steps with your teacher. Adapt a dance. Perform the dance your adapt and celebrate it.</p>	

課程架構圖 Curriculum Diagram



教學活動設計 Classroom procedure

時間分配 Distribution of time

節	日期	教學重點	
		PE Field 體育領域(content)	English Field 英語領域(content)
1 <sup>st</sup> Hula Hooping Game 跳呼 拉圈遊戲	110.11.05	<ul style="list-style-type: none"> <li>● Fun games for hula hoop</li> </ul> <ol style="list-style-type: none"> <li>1. Limb coordination <a href="https://www.youtube.com/watch?v=zSVjWcxPLYs">https://www.youtube.com/watch?v=zSVjWcxPLYs</a></li> <li>2. Move your body from the hula hoop <a href="https://www.youtube.com/watch?v=INSy3KSWGxg">https://www.youtube.com/watch?v=INSy3KSWGxg</a></li> </ol>	<ul style="list-style-type: none"> <li>● The parts of your body</li> </ul> <ol style="list-style-type: none"> <li>1. Stretch your (parts of your body).</li> <li>2. Move your (parts of your body).</li> </ol>
2 <sup>nd</sup> Basic Dance Steps 基礎舞步	110.11.05	<ul style="list-style-type: none"> <li>● Move your steps in different ways</li> </ul> <ol style="list-style-type: none"> <li>1. gallop</li> <li>2. skip</li> <li>3. jump</li> <li>4. run</li> <li>5. hop</li> </ol>	<ul style="list-style-type: none"> <li>● Listen to the beats/tempo and learn the steps to move your feet</li> </ul> <ol style="list-style-type: none"> <li>1. Listen to the beats/tempo: 1, 2, 3, 4</li> <li>2. Learn the steps to move your feet.</li> </ol>
3 <sup>rd</sup> Penguin's Game 企鵝舞	110.11.12	<p>Learn the dance "Penguin."</p> <ol style="list-style-type: none"> <li>1. the pose of the dancing steps</li> <li>2. dance with music</li> </ol>	<ul style="list-style-type: none"> <li>● Learn the lyrics and move your body</li> </ul> <ol style="list-style-type: none"> <li>1. Learn the lyrics</li> <li>2. the part of your body</li> </ol>
4 <sup>th</sup> Folk Dance Introduction 各國土風 舞簡介	110.11.12	<p>Learn the culture from different countries' folk dances.</p> <ol style="list-style-type: none"> <li>1. the definition of folk dances</li> <li>2. When and why the people dance folk dances</li> <li>3. Share how you feel about folk dances</li> </ol>	<ul style="list-style-type: none"> <li>● Name out the folk dances</li> </ul> <ol style="list-style-type: none"> <li>1. the names of the folk dances</li> <li>2. share the time and the place the people dance folk dances</li> <li>3. feelings</li> </ol>
5 <sup>th</sup> Schottische 莎蒂希步	110.11.19	<p>Learn Schottische</p> <ol style="list-style-type: none"> <li>1. the pose of the dancing steps</li> <li>2. dance with music</li> </ol>	<ul style="list-style-type: none"> <li>● Count the beats</li> </ul> <ol style="list-style-type: none"> <li>1. Counting</li> <li>2. dancing steps</li> </ol>



6 <sup>th</sup> Circle Schottische 圓環莎蒂希	110.11.19	<b>Learn Circle Schottische</b> <b>1. the pose of the dancing steps</b> <b>2. dance with music</b>	<ul style="list-style-type: none"> <li>● <b>Count the beats</b></li> </ul> <b>1. Counting</b> <b>2. dancing steps</b>
7 <sup>th</sup> I like to Dance 團隊編舞	110.11.26	<b>Learn to make your own dance</b> <b>1. the poses of the dancing steps</b> <b>2. dance with music</b>	<ul style="list-style-type: none"> <li>● Discuss the dance</li> </ul> <b>1. the poses</b> <b>2. the music</b>
8 <sup>th</sup> Celebration 歡慶展舞	110.11.26	<b>Perform your own dance in front of the audience</b> <b>1. perform your own dance</b> <b>2. share your feelings</b>	<ul style="list-style-type: none"> <li>● <b>praise the dancers performing well</b></li> </ul> <b>1. praise</b> <b>2. express your own opinions</b>

學習目標 Learning objectives	教師活動 Teacher's activities		教學設備/資源 Teaching aids/equipment	時間 (分) Time	評量 Evaluation
	教師活動 Teacher's activities	學生活動 Students' activities			
1. C-1 L-1	1 <sup>st</sup> Period: 1. Limb coordination 1-1. Keep the hula hoop up with your two knees. And then go forward to the target and then come back. 1-2. Keep the hula hoop up to the waist of two persons. And then go forward to the target and then come back. 1-3. Roll the hula hoop between two kids and have kids throw balls through	1 <sup>st</sup> Period: 1. Limb coordination 1-1. Move forward with the hula hoop up to both knees. 1-2. Move forward with the hula hoop up to both waists of two. 1-3. Throw balls through the moving hula hoop.	Hula hoops	40'	cooperation flexibility


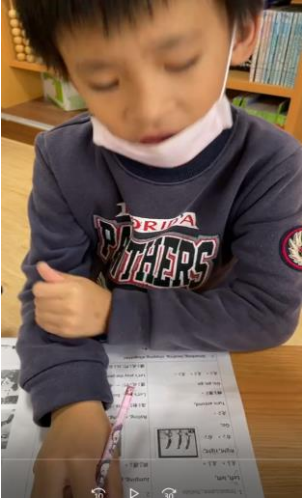


	<p>the hula hoop.</p> <p>2. Move your body from the hula hoop</p> <p>2-1. Make a circle with hand in hand.</p> <p>2-2. Move the hula hoop from the first kid to the last one without breaking the circle.</p>	<p>2. Move bodies</p> <p>2-1. hand in hand to pass down the hula hoop.</p> <p>2-2. Move your (parts of your body).</p>			
2. C-2 L-2	<p>2<sup>nd</sup> Period:</p> <p>Demo the following steps in different ways</p> <p>*Play the film for watching</p> <p><a href="https://www.youtube.com/watch?v=UWawJcxYY6I">https://www.youtube.com/watch?v=UWawJcxYY6I</a></p> <p>2-1. gallop: Move one foot first and then the other. And then play the film</p> <p><a href="https://www.youtube.com/watch?v=RpOtBwgoHsU">https://www.youtube.com/watch?v=RpOtBwgoHsU</a></p> <p>&lt; How to do a gallop &gt;</p> <p>2-2. skip: Make one foot go forward one step and then hop and keep the other foot up.</p> <p>And switch and do the same.</p> <p>*skip 跑跳步 (參考資訊: <a href="https://youtu.be/KOUCuV_bX6M">https://youtu.be/KOUCuV_bX6M</a> )</p> <p>2-3. jump: Keep your both feet up and down at the same time.</p> <p>2-4. run: Move fast with your feet.</p> <p>2-5. hop: Keep your one knee up high and keep switching forward.</p>	<p>2<sup>nd</sup> Period:</p> <p>Learn the steps from 2-1~2-5</p> <p>*Share and act what you saw in the film</p> <p>2-1. gallop: left and right/right and left and then watch the film and dance along</p> <p>2-2. skip: - move and jump - watch the film and skip along</p> <p>2-3. jump: feet up and down</p> <p>2-4. run: speed up</p> <p>2-5. hop: knee up</p>		40'	Coordination Ability
3. C-3 L-3	<p>3<sup>rd</sup> Period:</p> <p>3. Learn the dance "Penguin."</p> <p>3-1. Show the way of penguin's walking</p>	<p>3<sup>rd</sup> Period:</p> <p>3. Read the lyrics and dance at the same time</p> <p>3-1. Read the lyrics and move at the same time.</p>	music	40'	The poses of the dancing

	<p>3-2. Play the song &lt; <a href="https://www.youtube.com/watch?v=xCGewr1z7MA">https://www.youtube.com/watch?v=xCGewr1z7MA</a> Penguin's Game (lyrics)-Gelato&gt;</p> <p>3-3 Show the various ways of penguin's Moving</p> <p>3-4 Play the film for watching &lt; <a href="https://www.youtube.com/watch?v=5pxmhwOjSss">https://www.youtube.com/watch?v=5pxmhwOjSss</a> 203 Penguin's game&gt;</p>	<p>3-2. Sing along</p> <p>3-3 Call out the activities.</p> <p>3-4 Watch and dance along</p>			steps
4.	4 <sup>th</sup> Period:	4 <sup>th</sup> Period:		40'	
C-4 L-4	<p>Introduce the culture from different countries' folk dances.</p> <ol style="list-style-type: none"> <li>1. Explain the history about folk dances</li> <li>2. Introduce 3 or 4 folk dances</li> <li>3. Watch the films about folk dances.</li> </ol>	<p>Learn the culture from folks' dances</p> <ol style="list-style-type: none"> <li>1. Listen to the teacher.</li> <li>2. Q &amp; A</li> <li>3. Watch the films and learn from them</li> </ol>	Film Music		The attitude during interactions
5.	5 <sup>th</sup> Period:	5 <sup>th</sup> Period:		40'	
C-5 L-5	<p>Teach Schottische</p> <ol style="list-style-type: none"> <li>1. Watch the film first &lt;<a href="https://www.youtube.com/watch?v=El765epZyCM">https://www.youtube.com/watch?v=El765epZyCM</a> 34 莎蒂士步 Schottische&gt; &lt;<a href="https://www.youtube.com/watch?v=WhBokoFRiyw">https://www.youtube.com/watch?v=WhBokoFRiyw</a> commonREEL: How to Schottische! 莎蒂希步&gt;</li> <li>2. teach step by step</li> </ol>	<p>Dance Schottische</p> <ol style="list-style-type: none"> <li>1. Watch the film and Q&amp;A - watch the film and dance along</li> <li>2. Follow the steps gradually.</li> </ol>	Film Music		The poses of the dancing steps
6	6 <sup>th</sup> Period:	6 <sup>th</sup> Period:		40'	
C-6 L-6	<p>Teach Circle Schottische</p> <ol style="list-style-type: none"> <li>1. Watch the film first</li> </ol> <p>Learn the Schottische---Circle Schottische</p>	<p>Dance Schottische</p> <ol style="list-style-type: none"> <li>1. Watch the film and Q&amp;A - watch the film and dance along</li> </ol>	Music		The poses of the dancing steps





	<p>1. <a href="https://www.youtube.com/watch?v=WhBokoFRiyw">https://www.youtube.com/watch?v=WhBokoFRiyw</a></p> <p>2. <a href="https://www.youtube.com/watch?v=FbEFLSQ7Gtw">https://www.youtube.com/watch?v=FbEFLSQ7Gtw</a></p> <p>2. teach step by step</p>	2. Follow the steps gradually.			
7	7 <sup>th</sup> Period:	7 <sup>th</sup> Period:		40'	
C-7 L-7	<p>make your own dance</p> <p>1. the poses of the dancing steps</p> <p>2. dance with music</p> <p>&lt; <a href="https://www.youtube.com/watch?v=uf0uKmkwnKs">https://www.youtube.com/watch?v=uf0uKmkwnKs</a> 企鵝舞動腦筋&gt;</p> <p>&lt; <a href="https://www.youtube.com/watch?v=nomDuLFpKTE">https://www.youtube.com/watch?v=nomDuLFpKTE</a> 兔子舞 彩禾韻律隊新春團拜舞曲&gt;</p>	<p>adapt a dance</p> <p>1. discuss</p> <p>2. adapt a dance</p> <p>-ref: watch the film, adapt, and dance along</p>	Music		participating
8	8 <sup>th</sup> Period:	8 <sup>th</sup> Period:		40'	
C-8 L-8	<p>Arrange the groups to perform their own dance in front of the audience</p> <p>1. Call out the group to perform in order.</p> <p>2. Control the schedule.</p>	<p>Performance &amp; Celebration</p> <p>1. Performance</p> <p>2. Celebration</p>	Music		The design & poses of the dancing steps

## Appendix I. Teaching process photos

### 1. 1st Period:

	Judah in G1: <a href="https://drive.google.com/file/d/1IJhwOqW2yoTvOcdxk1c8sL0Pci57swhr/view?usp=sharing">https://drive.google.com/file/d/1IJhwOqW2yoTvOcdxk1c8sL0Pci57swhr/view?usp=sharing</a>		Jimmy in G2: <a href="https://drive.google.com/file/d/1zZoSWplLFzDxVWp6UZ5CKf6BkEkwsIB/view?usp=sharing">https://drive.google.com/file/d/1zZoSWplLFzDxVWp6UZ5CKf6BkEkwsIB/view?usp=sharing</a>		Joy in G3: <a href="https://drive.google.com/file/d/1E8jVkoCJqgTqkBF98VFyINjEeRrcOSgn/view?usp=sharing">https://drive.google.com/file/d/1E8jVkoCJqgTqkBF98VFyINjEeRrcOSgn/view?usp=sharing</a>		Rachel in G4: <a href="https://drive.google.com/file/d/1I2TKz5hICFrjsaHognDft1qMFCg54FaJ/view?usp=sharing">https://drive.google.com/file/d/1I2TKz5hICFrjsaHognDft1qMFCg54FaJ/view?usp=sharing</a>
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### 2nd Period:

<p>Dance and speak out the lyrics</p>  <p><a href="https://drive.google.com/file/d/1x89qnTcd15z6MIRIPT8CxsjBh8dtJD6I/view?usp=sharing">https://drive.google.com/file/d/1x89qnTcd15z6MIRIPT8CxsjBh8dtJD6I/view?usp=sharing</a></p>	 <p>Practicing lyrics with each other</p>	 <p>Dancing together</p>	 <p>Enjoying dancing</p>
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### 3rd Period: combining the steps of dance with the rope to design a dance to dance together



Designing the dance ---dance with a rope



doing criss cross



Spinging the rope and dancing



Cooperation---raise the rope up & down with the steps of the gallop

成果影片: <https://www.youtube.com/watch?v=xiXoAhHmWvs>

# 嘉義縣梅山鄉太興國小

Tai-Sing Elementary School in Chiayi County

110-1

## 雙語體育教案

Subject: PE

Unit: 4 My Best Friend, Ball. 與球相隨

Teacher : Dorothy(Chiya Juan)

students: from the first graders to the fourth graders

Date : from 110.09.01 to 111.01.14

Time: 2:05p.m.~3:40p.m., every Friday afternoon



110 學年度嘉義縣梅山鄉太興國小體育雙語教案設計

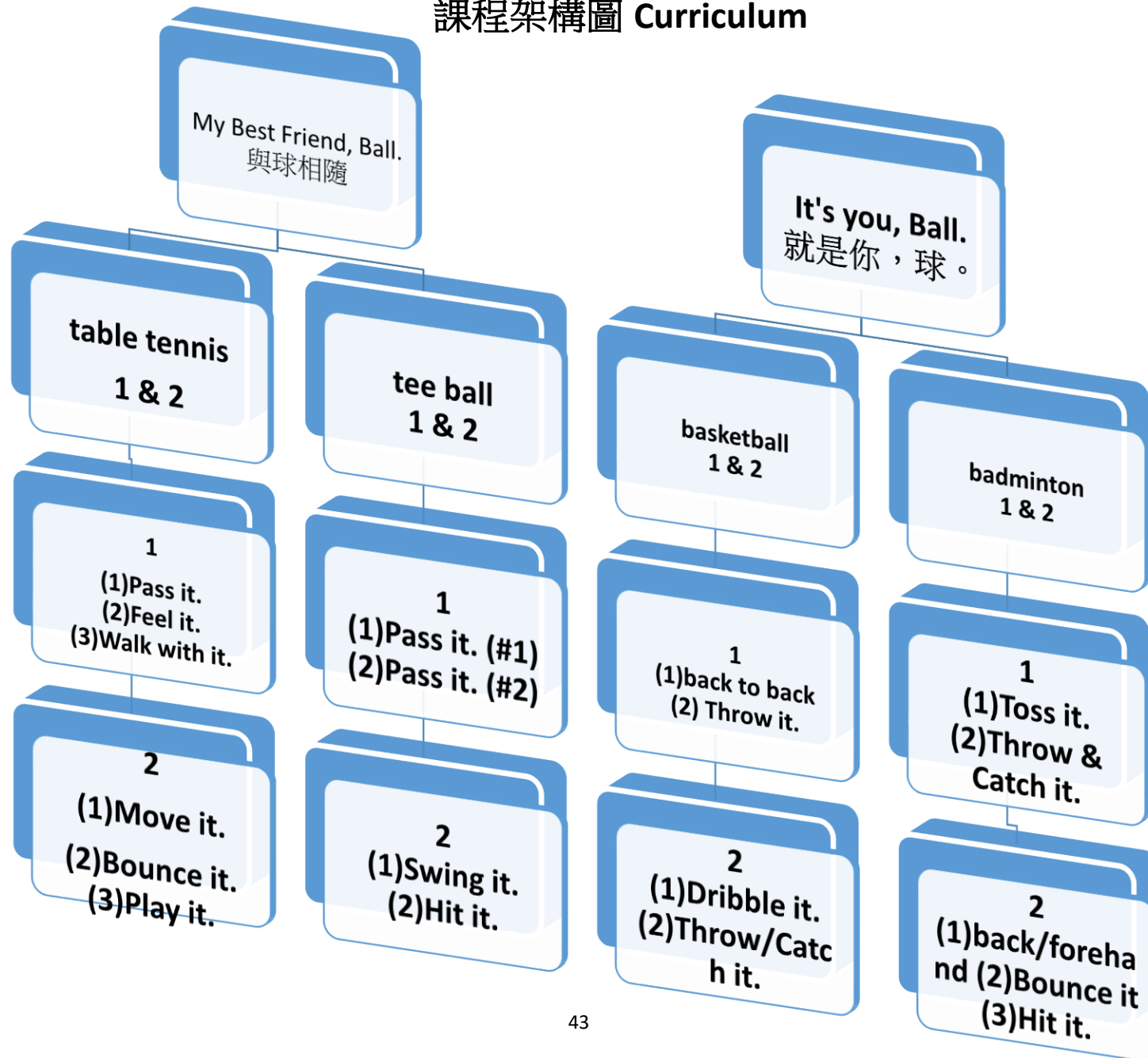
領域/科目 Subject		PE(physical education)		設計者 Designer	阮琦雅	
班級 Class profile		年級 (grades) 1~4	班級(class)	人數(number of students) 5	總節數 time	節(periods) 分鐘(minutes)
單元名稱		Unit 4 My Best Friend, Ball. 與球相隨				
設計依據						
		PE Field/體育領域(content)		English Field/英語領域(language)		
學習重點 Learning focus	學習表現 Students' performance	1c-II-1 認識身體活動的動作技能。 2c-II-1 遵守上課規範和運動比賽規則。 3c-II-1 表現聯合性動作技能。		◎1- II -7 能聽懂課堂中所學的字詞。 6- II -2 積極參與各種課堂練習活動。 ◎ 2- II -3 能說出課堂中所學的字詞。		
	學習內容 Learning content	Bc-II-1 暖身、伸展動作原則。 Cb-II-1 運動安全規則、運動增進生長知識。 Ha- I -1 網/牆性球類運動相關的簡易拋、接、控、持拍及拍、擲、傳、滾之手眼動作協調、力量及準確性控球動作。 Hb- I -1 陣地攻守性球類運動相關的簡易拍、拋、接、擲、傳、滾及踢、控、停之手眼、手腳動作協調、力量及準確性控球動作。		B- II -1 第二學習階段所學字詞及句型的生活溝通。 ◎ Ac- II -1 簡易的教室用語。 ◎ Ac- II -2 簡易的生活用語。 Ac- II -3 第二學習階段所學字詞。		
核心素養 Core competency		健體-E-A1 具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的潛能。				
議題融入 Issue integration						
教材來源 Materials		南一、翰林、康軒、網站、自編				



參考資料 References			
教學設備資源 Teaching aids/equipment	ping-pong, tee balls, basketballs, shuttlecocks, bats, rackets, nets		
學生背景 Students' Background	<p>【PE Field】 From the starters who don't know how to jump rope to the students who has learned how to</p> <p>【English Field】 From starters to the kids who know how read with phonics and pronounce in English</p>		
學習目標 Learning Objectives	PE Field/體育領域(content)	English Field/英語領域(language)	
	C-1 能認識各球類的起源。 C-2 能嘗試課程球類的玩法。 C-3 能樂於參與打球。 C-4 能從遊戲中增進球類的技能。 C-5 能培養積極進取、團隊合作的精神。	Language of learning	
		L-1 Story	
		L-2 the skills of sports	
		L-3 the attitude of participation	
		L-4 play sports	
	L-5 teamwork		
	Language for learning		
	教師用語 For teachers	學生用語 For students	
pass/throw/catch/hit/dribble/hold the ball (basketball, tee ball, shuttlecock, ping-pong) -forehand/backhand grip	Pass/Throw the ball to me. Catch the ball.		
Language through learning			
Express your mood. What's your favorite activity? How do like this activity? Do you enjoy your snacks?			
Translanguaging			

		<ol style="list-style-type: none"> <li>1. Teacher introduces the vocabulary by doing the activity at the same time.</li> <li>2. Allow students to be a leader in turn and enhance them to catch up the meaning of the word through interaction.</li> <li>3. Students follow Teacher's directions and demonstration to pick up the meaning of the word.</li> </ol>
<p>情境脈絡 (認知→情意→技能)</p>	<p>Cognition about the history of the sports first, and then practice the basic way to use the equipment. Furthermore, practice how to play and finally participate the ball game with the others and play ball together.</p>	

# 課程架構圖 Curriculum



教學活動設計 Classroom procedure

時間分配 Distribution of time

節	日期	教學重點	
		PE Field 體育領域(content)	English Field 英語領域(content)
1 <sup>st</sup> Table Tennis (1)	110.12.03	<ul style="list-style-type: none"> <li>● Learning how to play table tennis.</li> <li><b>1. Recognize the origin of table tennis.</b></li> <li><b>2. Learn the basic skills to play table tennis.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The story about the sport---table tennis</b></li> <li>1. the equipment for playing the sports---table tennis</li> <li>2. the vocabulary about the ways to learn table tennis</li> </ul>
2 <sup>nd</sup> Table Tennis (2)	110.12.03	<ul style="list-style-type: none"> <li>● Learning how to play table tennis.</li> <li><b>1. Practice the basic skills by yourselves.</b></li> <li><b>2. Play table tennis with your friends.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The steps to play table tennis</b></li> <li>1. the steps for practicing table tennis</li> <li>2. the steps for playing table tennis</li> </ul>
3 <sup>rd</sup> Tee Ball (1)	110.12.10	<ul style="list-style-type: none"> <li>● Learning how to play tee ball.</li> <li><b>1. Recognize the origin of tee ball.</b></li> <li><b>2. Learn the basic skills to play tee ball.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The story about the sport---tee ball</b></li> <li>1. the equipment for playing the sports---tee ball</li> <li>2. the vocabulary about the ways to learn tee ball</li> </ul>
4 <sup>th</sup> Tee Ball (2)	110.12.10	<ul style="list-style-type: none"> <li>● Learning how to play tee ball.</li> <li><b>1. Practice the basic skills by yourselves.</b></li> <li><b>2. Play tee ball with your friends.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The steps to play tee ball</b></li> <li>1. the steps for practicing tee ball</li> <li>2. the steps for playing tee ball</li> </ul>
5 <sup>th</sup> Basketball (1)	110.12.17	<ul style="list-style-type: none"> <li>● Learning how to play basketball</li> <li><b>1. Recognize the origin of basketball.</b></li> <li><b>2. Learn the basic skills to play basketball.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The story about the sport---basketball</b></li> <li>1. the equipment for playing the sports---tee ball</li> <li>2. the vocabulary about the ways to learn tee ball</li> </ul>
6 <sup>th</sup> Basketball (2)	110.12.17	<ul style="list-style-type: none"> <li>● Learning how to play basketball.</li> <li><b>1. Practice the basic skills by yourselves.</b></li> <li><b>2. Play basketball with your friends.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The steps to play basketball</b></li> <li>1. the steps for practicing basketball</li> <li>2. the steps for playing basketball</li> </ul>
7 <sup>th</sup> Badminton (1)	110.12.24	<ul style="list-style-type: none"> <li>● Learning how to play badminton.</li> <li><b>1. Recognize the origin of badminton.</b></li> <li><b>2. Learn the basic skills to play badminton.</b></li> </ul>	<ul style="list-style-type: none"> <li>● <b>The story about the sport---badminton</b></li> <li>1. the equipment for playing the sports---badminton</li> <li>2. the vocabulary about the ways to learn badminton</li> </ul>
8 <sup>th</sup>	110.12.24	<ul style="list-style-type: none"> <li>● Learning how to play badminton.</li> </ul>	<ul style="list-style-type: none"> <li>● <b>The steps to play badminton</b></li> </ul>

Badminton (2)		<b>1. Practice the basic skills by yourselves.</b> <b>2. Play badminton with your friends.</b>	1. the steps for practicing badminton 2. the steps for playing badminton
9 <sup>th</sup> Review (1)	110.12.31	● Review all the sports we' ve learned this month. <b>1. Review all the origin of the sports we've learned.</b> <b>2. Review all the skills of the sports we've learned.</b>	● <b>Review the stories we've heard about sports.</b> 1. the equipment for playing the sports 2. reviewing the vocabulary about the ways to learn sports
10 <sup>th</sup> Review (2)	110.12.31	● Review all the sports we' ve learned this month. <b>1. Review the basic skills by yourselves.</b> <b>2. Play sports with your friends.</b>	● <b>Review the steps to play sports</b> 1. Review the steps for practicing sports. 2. Review the steps for playing sports.

學習目標 Learning objectives	教學活動 Teaching activities		教學設備/資源 Teaching aids/equipment	時間 (分) Time	評量 Evaluation
	教師活動 Teacher's activities	學生活動 Students' activities			
1. C-1, 2 L-1, 2	1 <sup>st</sup> Period: 1. #1 Listen to a story. <b>#2 Learn the basic skills</b> <b>1-#2-1</b> Pass your ping-pong. <b>1-#2-2</b> Play ping-pong with your racket. (1) Hold a racket like this. (2) Toss ping-pong. (3) Pass a ping-pong. (4) Feel how it moves. Feel the way your ping-pong moves. (5) Move it while walking Keep your ping-pong on your racket	1 <sup>st</sup> Period: 1. #1 How do you like the story? Why? <b>#2 Learn how to play ping-pong.</b> (1) Hold a racket. (2) Play ping-pong. (3) Pass a ping-pong. (4) Feel how it moves. (5) Walk with it.	ping-pong, rackets	40'	Oral evaluation  cognizing evaluation

	while you are walking along a line.				
2. C-3, 4, 5 L-3, 4, 5	2 <sup>nd</sup> Period: 2. Practicing #1 by your own 2-#1-1 Bounce your ping-pong on the floor once and touch it with your racket while it is bouncing up. 2-#1-2 Practice it again and again. #2 with your partner 2-#2-1 Move the ping-pong with your racket and bounce it on your own side of table and then the other. 2-#2-2 Keep hitting and catching.	2 <sup>nd</sup> Period: 2. #1 practicing by your own (1) Bounce a ping-pong. (2) Touch it with a racket. (3) Keep practicing.  #2 with your partner (1) Move the ping-pong.  (2) Hit and catch./ back and forth	ping-pong, rackets	40'	Performance Evaluation  participating teamwork
3. C-1, 2 L-1, 2	3 <sup>rd</sup> Period: 3. #1 Listen to a story. #2 Learn the basic skills 3-#2-1 Pass the tee ball to the next one. 3-#2-2 two in a group Every time you pass and receive the ball, the distance between each other is lengthened by one elbow.	3 <sup>rd</sup> Period: 3. #1 How do you like the story? Why? #2 Learn how to play tee ball. (1) Line up. (2) Pass your tee ball to the next. (3) Enlarge the distance (4) back one elbow	tee ball	40'	Oral evaluation  cognizing evaluation
4. C-3, 4, 5 L-3, 4, 5	4 <sup>th</sup> Period: 4. practice and play #1 practice by your own 4-#1-1 Hold the bat - hold the bat at the end	4 <sup>th</sup> Period: 4. #1 practice the tee ball (1) Hold my bat. (2) Swing my bat. (3) twist my waist.	tee ball/tee pole/bats	40'	Performance Evaluation  participating

	<ul style="list-style-type: none"> <li>- for the right handed : keep right hand above the left</li> <li>-for the left handed: keep left hand above the right</li> </ul> <p>4-#1-2 Hit the tee ball on the tee pole</p> <ul style="list-style-type: none"> <li>-Keep the tee ball on the tee pole</li> <li>-Hold the bat and twist your waist.</li> <li>-Swing the tee ball on the tee pole</li> <li>-Throw away your bat and run to the first base.</li> </ul> <p>#2 play with your team</p> <p>4-#2-1 One is the catcher, and the others are the hitter.</p> <p>4-#2-2 The catcher tries to catch the ball. The hitter tries to hit the ball as far as he can.</p>	<p>(4) Hit the ball.</p> <p>(5) Throw away the bat.</p> <p>(6) Run to the first base.</p> <p>#2 Play with your team.</p> <p>(1) Hit the ball as far as you can.</p> <p>(2) Catch the ball.</p> <p>(3) Who is the winner?</p> <p>(4) Who is the loser?</p>			teamwork
5	5 <sup>th</sup> Period:	5 <sup>th</sup> Period:		40'	
C-1, 2 L-1, 2	<p>5. #1 Listen to a story.</p> <p>#2 games for fun</p> <p>5-#2-1 Move the basketball.</p> <ul style="list-style-type: none"> <li>- two in a group</li> <li>- Two carry the basketball with back to back.</li> <li>- Move the basketball to the hula hoop on the other side and come back.</li> <li>- The fastest team will win the game.</li> </ul>	<p>5. #1 How do you like the story? Why?</p> <p>#2 Learn how to play basketball.</p> <p>(1) Two in a group</p> <p>(2) Carry the basketball</p> <p>(3) back to back</p> <p>(4) Come back.</p>	<p>basketball</p> <p>hula hoop</p>		<p>Oral evaluation</p> <p>cognizing evaluation</p>

	<p>5-#2-2 Throw the basketball.</p> <ul style="list-style-type: none"> <li>- Each one holds a basketball and throw it in the hula hoop.</li> <li>- The hula hoop will be moved farther and farther.</li> <li>- The one who never misses wins the game.</li> </ul>				
6. C-3, 4, 5 L-3, 4, 5	<p>6<sup>th</sup> Period</p> <p>6. practice and play</p> <p>6-1 Dribble the basketball</p> <ul style="list-style-type: none"> <li>(1) Count the times you can dribble continuously without missing.</li> <li>(2) Each kid dribbles five times and pass it to the next one who will be the next one until every fulfills this mission.</li> <li>(3) Each one gets a basketball and dribbles it by switching hands.</li> <li>(4) The one who can dribble the longest wins the games.</li> </ul> <p>6-2 Throw/Catch the basketball</p> <ul style="list-style-type: none"> <li>(1) Two in a group face to face After throwing or catching, both have to enlarge the distance by one step back.</li> <li>(2) One, in front of the line the other kids make, throws the ball to each one by</li> </ul>	<p>6<sup>th</sup> Period</p> <p>6-1 the basic training for basketball</p> <ul style="list-style-type: none"> <li>(1) Count the times.</li> <li>(2) Dribble.</li> <li>(3) next one</li> <li>(4) Pass the ball.</li> </ul> <p>6-2 the basic skills for basketball</p> <ul style="list-style-type: none"> <li>(1) two in a group</li> <li>(2) face to face</li> <li>(3) enlarge the distance</li> <li>(4) throws the ball</li> <li>(5) one step back</li> <li>(6) one by one</li> </ul>	<p>basketball</p>	<p>40'</p>	<p>Performance Evaluation</p> <p>participating teamwork</p>



	one in the line.				
7. C-1, 2 L-1, 2	7 <sup>th</sup> Period 7. #1 Listen to a story. #2 practice 7-#2-1 Toss the shuttlecock. - Each one gets a shuttlecock -Toss it in the air and then catch it. 7-#2-2 Throw and catch the shuttlecock. -Two in a group - Catch it. - Throw it to your partner. 7-#2-3 Throw your shuttlecock over the net in the middle of the court. -Set a net in the middle of the court. - Run with a shuttlecock from the end line of one side court to the middle of it. -Throw your shuttlecock over the net to the other side of the court.	7 <sup>th</sup> Period 7. #1 How do you like the story? Why? #2 the basic training for badminton. (1) Toss (2) Get a shuttlecock. (3) Catch it. (4) Throw it to your partner. (5) over the net (6) the court	shuttlecocks, net	40'	Oral evaluation  cognizing evaluation
8. C-3, 4, 5 L-3, 4, 5	8 <sup>th</sup> Period 8. practice and play 8-1 the backhand grip and the forehand grip (1) Each one gets a shuttlecock and a racket. (2) Practice the backhand grip and hit you	8 <sup>th</sup> Period 8. the basic training for badminton 8-1 grip the racket (1) backhand grip (2) forehand grip	shuttlecocks, net, rackets,	40'	能做出正守及反手投擲動作，並發出羽球。  Performance

	<p>shuttlecock 5 times with it.</p> <p>(3) Practice the forehand grip and hit you shuttlecock 5 times with it.</p> <p>(4) Watch and speak out whether it is the backhand grip or the forehand grip.</p> <p>8-2 Bounce your shuttlecock</p> <p>(1) Each one gets a shuttlecock and a racket.</p> <p>(2) Bounce your shuttlecock on your racket as many as you can.</p> <p>8-3 Hit your shuttlecock</p> <p>(1) Hit your shuttlecock with your racket over the net in the middle of the court as many as you can.</p> <p>(2) two in a group</p> <p>(3) Play badminton with your partner.</p>	<p>8-2 Bounce your shuttlecock</p> <p>(1) a shuttlecock</p> <p>(2) a racket</p> <p>8-3 Hit your shuttlecock</p> <p>(1) over the net</p> <p>(2) Play badminton.</p>			<p>Evaluation</p> <p>participating teamwork</p>
9.	9 <sup>th</sup> Period	9 <sup>th</sup> Period		40'	
C-1-5 L-1-5	<p>Review knowledge about sports</p> <p>9-1 Share the stories about the sports.</p> <p>9-2 Share the skills by speaking.</p>	<p>1. Share stories</p> <p>(1) Who goes first?</p> <p>(2) How fun it is!</p> <p>2. Share something about sports</p>	<p>Various balls (basketballs, volleyballs, tee balls, soccers, shuttlecocks, bats, rackets)</p>		<p>Oral evaluation</p>

		(1) What equipment do you need when you play (sports)? (2) Share the skills to play (sports).			
10. C-1---5 L-1—5	10 <sup>th</sup> Period Review skills about sports 10-1 Let's review the basic skills of sports. 10-2 Review skills by playing sports.	10 <sup>th</sup> Period 1. Let's play (sports). 2. Try to play (sports) and talk in English.	Various balls (basketballs, volleyballs, tee balls, soccers, shuttlecocks, bats, rackets)	40'	cognizing evaluation

Appendix I. Teaching process photos

1. 1st Period: basketball



passing the ball



throwing and catching the ball



cooperating to fulfill the mission  
carrying the basketball



sharing how you feel the basketball  
while playing with your partner

成果影片: <https://www.youtube.com/watch?v=tDbeFw2QQLQ>

2nd Period: ping-pong



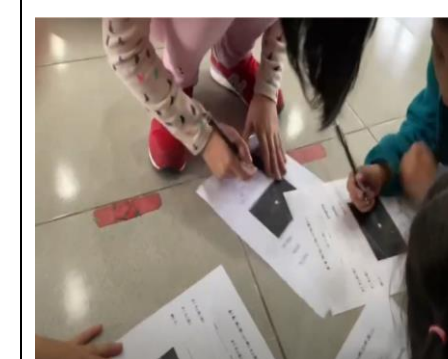
Keeping the ball on the paddle to feel  
how the relationship of the ball and the  
paddle



Moving the ball on the paddle to feel  
their relationship



Moving the ball on the table  
with two lines of aided blocks



Answering the learning sheet  
after practicing playing ping-pong

乒乓球: (1) 成果影片: <https://www.youtube.com/watch?v=zNQYWQDeKXY>

(2) 成果學習單: <https://drive.google.com/file/d/1Gm1x1DNMMuiBcGE7IIQtGGog8pyf74Su/view?usp=sharing>

3rd Period: badminton



bouncing the shuttlecock up and down on the racket



playing badminton together (singles)



playing badminton together (doubles)



drawing the equipment and sharing how you love playing badminton

3-1 Listening and drawing the equipment

[https://drive.google.com/file/d/1rt3wM-QJqwLHNVskeuJp2l0Op6wHe\\_m3/view?usp=sharing](https://drive.google.com/file/d/1rt3wM-QJqwLHNVskeuJp2l0Op6wHe_m3/view?usp=sharing)

3-2 sharing what's very important while they are playing badminton

<https://drive.google.com/file/d/1aLOnWOH-eQ3SefPz59DH71Y6sC7NR7Q1/view?usp=sharing>

3-3 collecting the equipment and put it away

<https://drive.google.com/file/d/1tW3MVkVFpnDVOtkKq58aLkv2mCOOSOut/view?usp=sharing>

#### 4th Period: Tee-ball



1. Keep your ball on the top of the cone.
2. Hold the bat with your right hand up and left down.
3. Squat.
4. Twist your waist.
5. Swing your bat.
6. Hit the ball.