

桃園市桃區新埔國小 英語沉浸體育公開授課

領域/科目	健體領域		設計者	廖柏勳
實施年級	5 年級		總節數	共 1 節，40 分鐘
主題名稱	低手傳球			
教學單元活動設計				
學習目標	<ol style="list-style-type: none"> 1. 學生能移動腳步到球的落點 2. 學生能運用下盤力量完成排球低手傳球的動作 3. 學生能透過低手傳球將球傳到指定位置 			
學習表現	<p>1c-III-1 了解運動技能要素和基本運動規範。</p> <p>1c-III-3 了解身體活動對身體發展的關係。</p> <p>1d-III-1 了解運動技能的要素和要領。</p> <p>1d-III-2 比較自己或他人運動技能的正確性。</p> <p>2c-III-3 表現積極參與、接受挑戰的學習態度。</p> <p>4c-III-2 比較與檢視個人的體適能與運動技能表現。</p>			
教學用英語	Classroom Language	<ol style="list-style-type: none"> 1. Raise your hand if you need help. 2. Listen to the whistles. 3. We are going to learn ... 4. Let's do the warm-up. 5. Is everybody okay? 6. Class dismissed. 		
	Target Language	<ol style="list-style-type: none"> 1. spike 2. underhand pass 3. thumbs together / finger cross / thumbs down 4. eyes look at the front 5. squat→push→toss 		
教學活動內容及實施方式				時間
<p>A. Warm-up</p> <p><u>1. Warm-up</u></p> <p>a. Warm-up sequence: * neck→arms→waist→thighs→knees→legs→jumping jacks</p> <p><u>2. Reveal today's lesson</u></p> <p>a. What did we learn last time? Spike.</p> <p>b. We are going to learn "underhand pass" today.</p>				10 min.
<p>B. Presentation</p> <p><u>1. 移動腳步預判落點 (move your feet to the spot)</u></p> <p>a. 教師解說預備姿勢 (set position)</p> <ol style="list-style-type: none"> I. thumbs together→fingers cross→hands down II. bend your knees III. eyes look at the front <p>b. 教師示範腳步移動 (How to move your feet?)</p> <ol style="list-style-type: none"> I. keep your hands in front of you <p>c. 學生倆倆一組練習(Pair practice)</p> <ol style="list-style-type: none"> I. 兩人距離約六步 (The distance between the students is about six steps.) II. 丟球者將球拋至接球者附近(Try to toss the ball around the your catcher.) III. 接球者移動腳步去接球(The catcher move feet to the spot and catch the ball) IV. 接十球後換人 (Switch position after ten times.) <p>d. 給學生五分鐘練習時間(I'll let you practice for 5 minute.)</p>				20 min.

2. 運用下盤完成排球低手傳球的動作 (tips for underhand pass)

- a. 教師解說與示範低手傳球技巧(tips for underhand pass)
 - I. squat→push→toss
 - II. arms up to the chest
- b. 教師解說練習方式 (How to practice?)
 - I. 拋球者將球拋置堆方腰部位置 (Toss the ball to the receiver's wrist)
 - III. 接球者做到 squat→push→toss，並將球回擊給拋球者
(Do "squat→push→toss" and toss the ball back to your partner.)
 - IV. 完成十次後交換位置(Switch position after ten times.)
- c. 給學生五分鐘練習時間(I'll let you practice for 5 minute.)

10 min.

三、Wrap-up

1. 綜合練習活動: bring the balls home

- I. 將全班分成兩隊，各隊有十顆排球
(Teacher divides the class into two teams. Each team has 10 balls.)
- II. 拋球者在指定位置拋球，擊球者在線後擊球
(One student toss the ball, and one student at the time try to use underhand pass to pass the ball into the basket.)
- III. 先將全部的球用低手傳球傳入籃子內者獲勝，若時間內未完成，則以籃子內球數較多者獲勝
(The first team which passes all 10 balls into the basket will be the winner. If both team haven't complete before the time runs up, the team who has more ball in the basket wins.)

2. 教師總結課程

1. What do we learn to day? (Underhand pass)
 2. How to hold your hands for underhand pass?
(thumbs together→fingers cross→hands down)
 3. What are the three steps to do underhand pass? (squat / push /toss)
- T: Is everyone okay? Does anyone get hurt? Class dismissed.