

一年級英語融入健體領域體育課教學之教學設計

<b>主題名稱</b>		和球做朋友 Fun with the ball	<b>教學設計者</b>	林秉逸
<b>教學對象</b>		一年級上學期	<b>教學節次</b>	第一節地上繞球 第二節單人夾球 第三節雙人夾球 第四節球球跳一跳 第五節坐地滾接 <b>第六節站立滾接</b> 第七節玩球高手 1 第八節玩球高手 2
<b>核心素養指標</b>		<p><b>【總綱】</b> A1 身心素質與自我精進</p> <p><b>【領綱】</b> 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。 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。</p>		
<b>領綱學習重點</b>	<b>學習表現</b>	<p><b>【認知】</b> 1c-I-1 認識身體活動的基本動作。 <b>【情意】</b> 2d-I-1 專注觀賞他人的動作表現。 <b>【技能】</b> 3c-I-1 表現基本動作與模仿的能力。 3c-I-2 表現安全的身體活動行為。</p>		
	<b>學習內容</b>	<p>Bc-I-1 各項暖身伸展動作。 Hc-I-1 標的性球類運動相關的簡易拋、擲、滾之手眼動作協調、力量及準確性控球動作。</p>		
<b>教學方法</b>		直接教學法		
<b>學習內容 content language</b>		單字 / 片語	Roll the ball (forwards)(harder/softer). Move around. Bend the knees. Catch the ball (with the both hands).	
		句型	Let's...	
<b>課室用語 classroom language</b>		Stand up / sit down. Are you ready? Can you do it? Let's try.		

教學活動	教具	備註														
<p><b>教學準備</b></p> <p>場地規劃、哨子、小皮球、角錐</p> <p><b>一、準備活動(12分鐘)</b></p> <p>●<u>教師集合學生，帶至教學場地(校內體操教室 or 籃球場)</u></p> <p>班級教室門口整隊口令:</p> <table border="1" data-bbox="129 667 1123 887"> <tr><td>Hands up! (向前看~齊)</td></tr> <tr><td>Hands down! (手放~下)</td></tr> <tr><td>Are you ready to go? [Ss: Yes!] (準備好出發了嗎?)</td></tr> <tr><td>Come with me, let's go! (起步走!)</td></tr> </table> <p>場地 1(到了教室門口)</p> <table border="1" data-bbox="129 938 1123 1104"> <tr><td>Please take off the shoes. (請拖鞋)</td></tr> <tr><td>Put them against the wall. (把鞋子靠牆擺放)</td></tr> <tr><td>And get in the room. (進教室)</td></tr> </table> <p>場地 2(籃球場)</p> <table border="1" data-bbox="129 1155 1123 1211"> <tr><td>Please take a knee or sit down on the ground</td></tr> </table> <p>●<u>暖身+點名 Call the roll</u></p> <table border="1" data-bbox="129 1263 1123 1429"> <tr><td>T: Before we start the lesson, let's do running. Can you see 4 markers on the floor? Let's run 5 laps around the markers. OK? 繞角錐跑五圈熱身一下。Ready?</td></tr> </table> <table border="1" data-bbox="129 1435 1123 1601"> <tr><td>T: Now, I am calling the roll and you do the warm up. You can see a marker over there. When you hear your name, please go there and run 3 laps. Come back here when you are finished. OK?</td></tr> </table> <table border="1" data-bbox="129 1608 1123 1641"> <tr><td>Ss: Yes.</td></tr> </table> <table border="1" data-bbox="129 1648 1123 1697"> <tr><td>T: Let's start! (開始點名)</td></tr> </table> <p><b>引起動機</b></p> <p>●<u>複習上次所學 roll the ball to the partner when sitting down</u></p> <table border="1" data-bbox="129 1805 1123 1861"> <tr><td>T: 記得上次練習的嗎? What was it?</td></tr> </table> <table border="1" data-bbox="129 1868 1123 1917"> <tr><td>Ss: 滾球。</td></tr> </table>	Hands up! (向前看~齊)	Hands down! (手放~下)	Are you ready to go? [Ss: Yes!] (準備好出發了嗎?)	Come with me, let's go! (起步走!)	Please take off the shoes. (請拖鞋)	Put them against the wall. (把鞋子靠牆擺放)	And get in the room. (進教室)	Please take a knee or sit down on the ground	T: Before we start the lesson, let's do running. Can you see 4 markers on the floor? Let's run 5 laps around the markers. OK? 繞角錐跑五圈熱身一下。Ready?	T: Now, I am calling the roll and you do the warm up. You can see a marker over there. When you hear your name, please go there and run 3 laps. Come back here when you are finished. OK?	Ss: Yes.	T: Let's start! (開始點名)	T: 記得上次練習的嗎? What was it?	Ss: 滾球。		
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<p>T: Yes, roll the ball. 滾球。Roll the ball. We did it when we sat down. 上次我們是坐著，Let's review it today. Now on my whistle, please stand up and find one partner. Sit down on the ground or take a knee when you find one. If you don't have a partner, keep standing and I will help you. 兩人一組，找到 partner 坐下，沒有 partner 站著，我會幫你找。(吹哨)...</p>	<p>能接到對方的傳球至少 5 顆。</p> <p>15 秒內 2 人共能接到 5 顆傳球。</p> <p>能表達自己的想法。</p>	
<p>(分好組之後)</p> <p>T: And now, one person go get one ball and come back to sit down. 兩個人面對面坐好。Please open your legs. Let's roll the ball to your partner. How many times?</p>		
<p>Ss: 三十。</p>		
<p>T: Good, let's do it 30 times per two people. Ready? (吹哨)</p>		
<p><b>二、發展活動(20 分鐘)</b></p>		
<p>●<u>站立地上滾接球 roll the ball to the partner when standing up</u></p>		
<p>1. 請學生面對面站立，一人拿球。 2. 說明規則並練習。</p>		
<p>T: And now, we are doing 'roll and catch the ball' when we stand up. 接著要做站著滾接球。Roll and catch the ball when we stand up. 幾個規則，when you hear the whistle, stop rolling and hold the ball between your legs. 聽到哨音，要做甚麼? [Ss: 用腳夾球。]</p>		<p>能接到對方的傳球至少 5 顆。</p> <p>15 秒內 2 人共能接到 5 顆傳球。</p> <p>能表達自己的想法。</p>
<p>T: When you roll the ball, <u>stand with your feet apart</u>, like me. 腳打開站著。Then, <u>hold the ball</u> with your both hands. <u>對準</u>隊友的兩腳中間 and <u>roll the ball forwards</u>. 接球的人，you need to <u>watch the ball</u> and <u>move around</u> until the ball is in front of you. And then <u>bend your knees</u> and <u>catch the ball</u> with both hands. Can you do it?</p>		
<p>Ss: Yes.</p>		
<p>T: Let's do 20 catches per person. 每個人接 20 球。Ready? Go! (吹哨)</p>		
<p>3. 挑戰一，限時 15 秒，兩人可接幾球? 二次挑戰看是否有進步。</p>		
<p>T: Now, let's do something harder. 挑戰一下。In 15 seconds, how many catches can you make with the partner? Ready? (吹哨)</p>	<p>能表達自己的想法。</p>	
<p>4. 挑戰二，限時 30 秒，通過隊友腳下幾顆球?</p>		
<p>T: Now, let's try something harder. 第二個挑戰。In 30 seconds, how many balls can you roll through your partner's legs? Ready? (吹哨)</p>		
<p><b>三、綜合活動(8 分鐘)</b></p>		

詢問問題並歸納重點：

1. What sport is done by rolling the ball? 滾球可能是哪種球類運動的方法? (Bowling.)
2. What happens when you roll the ball **harder**? **Softer**? 大力滾球會怎麼樣呢? 滾小力一點呢?
3. 剛剛 15 秒接球，要怎樣滾球才能讓對方接到更多球? (專心、對準...)
4. When we roll the ball to the partner, how to make it go through his/her legs? (大力一點...)