

屏東縣立萬丹國民中學

108學年度國民中小學沉浸式

英語教學特色學校成果報告



# 大綱



# 實施領域

實施領域：體育

年級：全體七年級

節數：每班每週1節

# 行政支援

職稱	姓名	工作任務
校長	黃豐欽	綜合協調計畫
教務主任	黃信興	安排專家到校輔導
教學組長	陳芯綺	教學支援與成果
訓育組長	昌淑鈴	課程設計
會計主任	林淑英	經費核銷



# 上課教材

Grade \_\_\_ Class \_\_\_ Seat Number \_\_\_ Name: \_\_\_\_\_

**Welcome to**

**2019 Wandan Junior High School Athletics Meeting**

Notice:  
1. Please answer the following questions. You can find all the answers around our campus.  
2. Throw it into the lottery box after you finish all the questions.

<p><b>1. Look at the pictures and fill in English words.</b></p>   <p><b>2.Fill in the body parts:</b></p>   <p><b>4.Do you join in any athletics events this time?(Please check.)</b>  <input type="checkbox"/> No, I'm only a cheerleader.  <input type="checkbox"/> Yes, I join in _____</p>	<p><b>6.Do you like PE English? (Please check.)</b>  <input type="checkbox"/> Yes, I like it very much.  <input type="checkbox"/> No, _____</p> <p>Write down your reason if you say "No." (答 No 請填寫原因)</p>	<p><b>3.Look at the pictures and fill in English words.</b></p>   <p><b>5.Do you cheer for your classmates today? (Please check.)</b>  <input type="checkbox"/> Yes, I do.  <input type="checkbox"/> No, _____</p> <p>Write down your reason if you say "No." (答 No 請填寫原因)</p>
<p>Fill in the name of the event. (請填入比賽項目)</p>		

A

Preparation

**My PE Class**



**High School** Grade \_\_\_ Class 11-1 Seat No. 4  
 Name: 陳錫鈞

# 師資資源

班級	領域老師	英語老師
701	蔡沛育	邱容昭
702	吳建智	曾巳軒
703	郭宇洋	昌淑鈴
704	黃淑貞	邱容昭
705	周亭亭	邱容昭
706	吳建智	曾巳軒
707	郭宇洋	昌淑鈴
708	吳建智	曾巳軒

# 教師共備

108上  
學期

- 108/08/29
- 108/10/05
- 108/11/29

108下  
學期

- 109/04/24
- 109/05/28(預)
- 109/07/03(預)



# 專家輔導

梁中行教授

- 屏東大學英語系教授

林琮智副教授

- 屏東大學體育系副教授

# 專家輔導

108上  
學期

- 108/09/12
- 108/10/05
- 108/11/29

108下  
學期

- 109/04/24
- 109/06/05(預)
- 109/07/03(預)

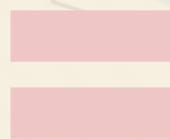


# 課程規劃

專家  
會議



共備  
會議



產出  
課程

籃球

排球

足球

羽球

桌球

01

02

03

04

05

# 我們的理念與融入重點



活動中學習

增加英語實用機會

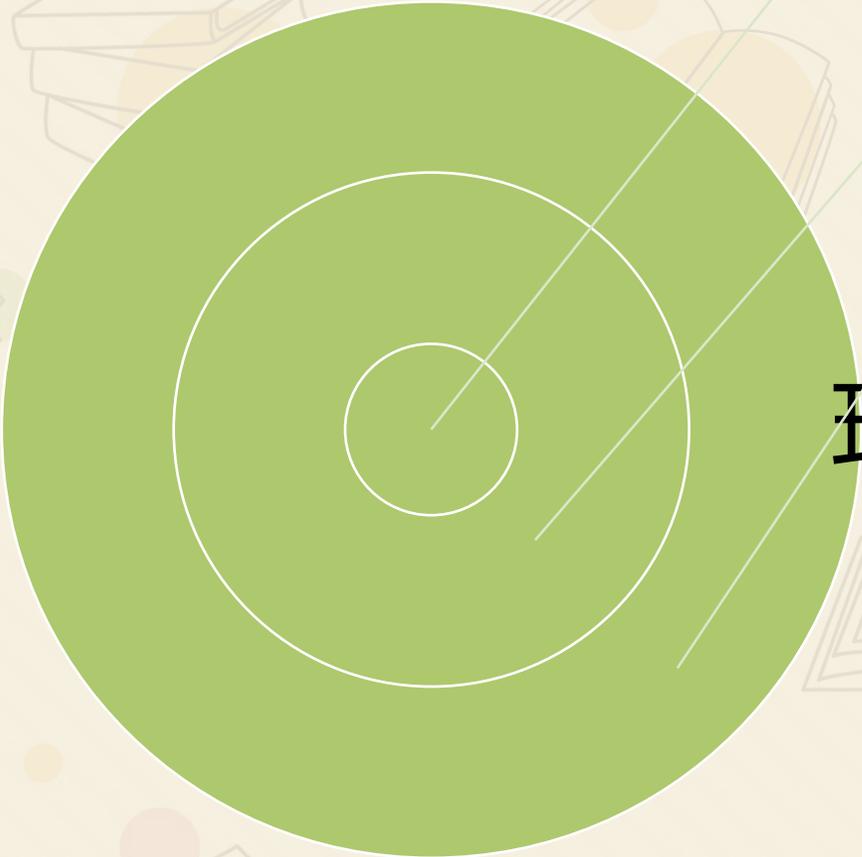
營造校園英語環境

# 我們的英語融入重點

國中英語基本單字1200是核心

身體部位做統整

球類、動作、場地是實作



# 我們的準備工作1/3

## 暖身操 Warm-up

### ○ 伸展 Rotation

- 頸部運動 Neck Rotation
- 手臂運動 Arm Rotation
- 轉體運動 Body Rotation
- 腰部運動 Hip Rotation ( Clockwise/ Anti-clockwise)
- 膝蓋運動 Knee Rotation
- 手腕&腳踝運動 Wrist & Ankle Rotation

# 我們的準備工作2/3

## ○ 伸展 Stretches

- 身體伸展 Body Stretches ( up, down, right, left )
- 頸關節伸展 Neck Stretch
- 肩膀伸展 Shoulder Stretch
- 手臂伸展 Arm Stretch
- 大腿伸展 Thigh Stretch ( Lap Stretch )
- 腿部伸展 Leg Stretch / Side Stretch
- 弓箭步 Lunge

# 我們的準備工作3/3

- 身體活動 Physical Exercise
  - 開合跳 Jumping Jacks
  - 伏地挺身 Push-up
  - 仰臥起坐 Sit-up
  - 滑步 Slide Steps
  - 波比跳 Burpee
  - 深蹲跳 Squat Jump
  - 小碎步 Choppy Stride
  - 折返跑 Running Suicides



# 課程活動前

One leg step forward,  
Stretch your  
arms, and  
Hit the ball up.



# 課程活動進行中

Bend your knees,  
and serve the ball.  
Push the ball.



# 課程活動進行中

One lap.  
Two laps.



# 課程活動進行中

I can dribble the ball.

Your turn.



# 課程活動進行中

Make a shot.

Good shot.



# 課程活動進行中

Do lay-ups.

Right, left,  
hop.



# 課程活動進行中

Right, left, hop.



# 課程活動後

**B:** Balance, bend your knees.

**E:** Eyes, look at the hoop.

**E:** Elbow, no chicken wings.

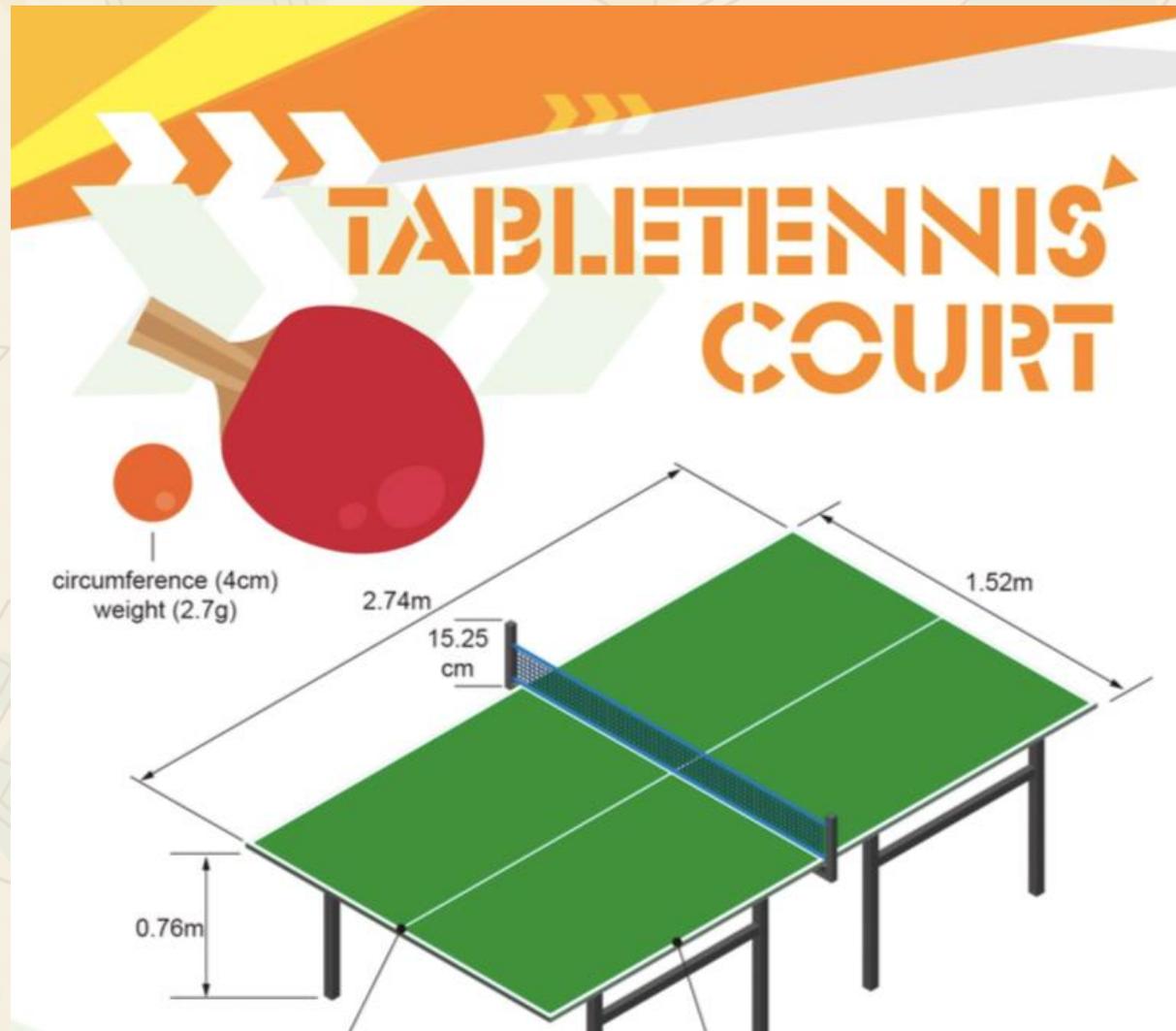
**F:** Follow, shoot.



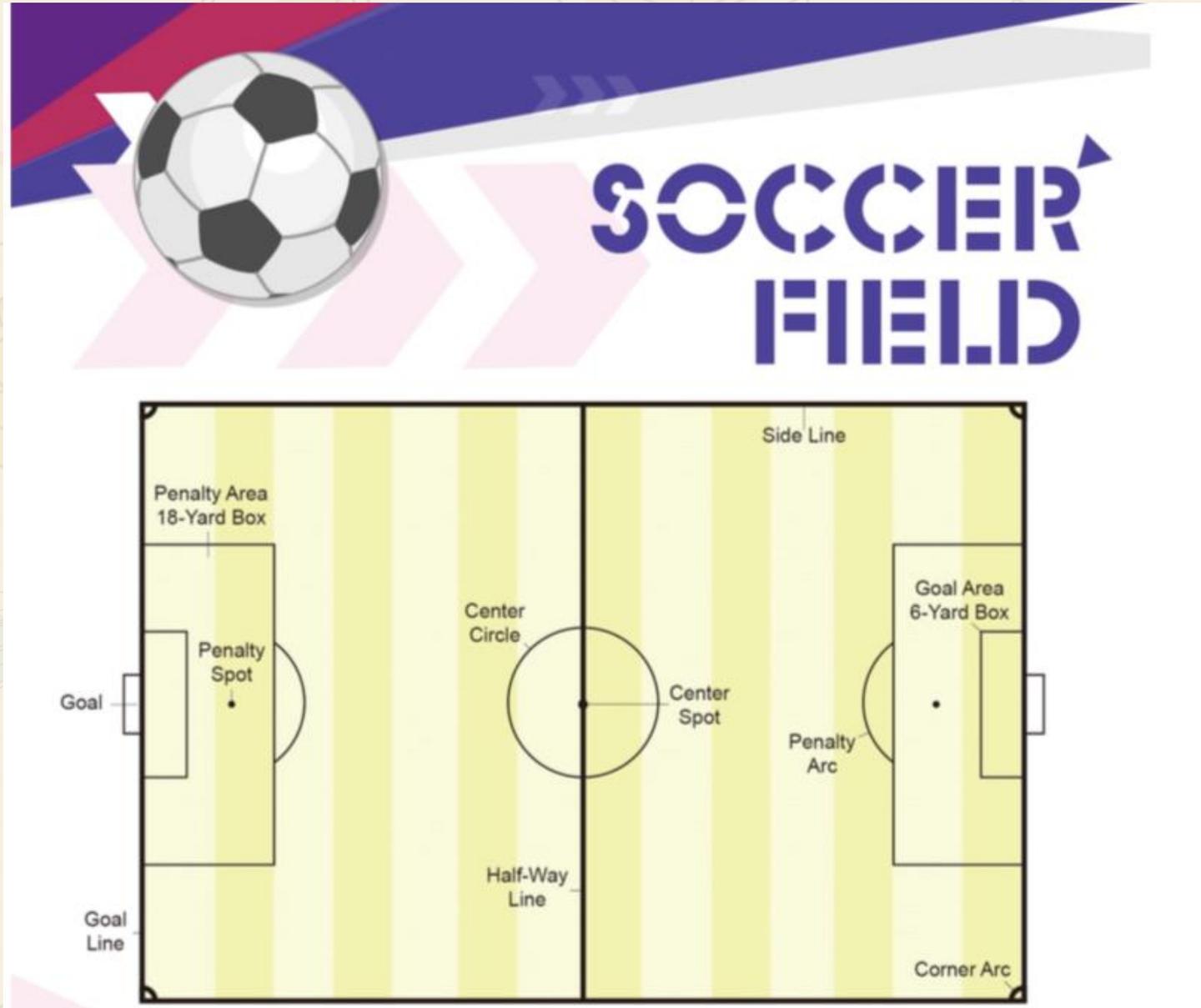
# 各項球類英語融入內容



# 各項球類英語融入內容



# 各項球類英語融入內容

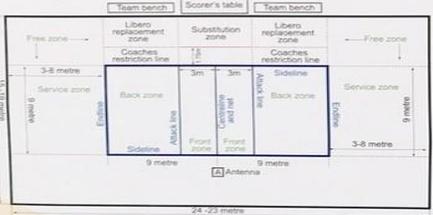


# 環境佈置



# 環境佈置

## VOLLEYBALL COURT



The diagram shows a rectangular court with a width of 9 metres and a length of 18 metres. Key features include:

- Two team benches at the top.
- A scorer's table in the center.
- Libero replacement zones on both sides.
- Substitution zones in the center.
- Coaches' restriction lines.
- Service zones on both sides.
- Back zones and front zones.
- Sublines, backlines, and a central net.
- Antennae at the ends.

**Skills of volleyball:**  
Serve  
Pass  
Set  
Attack  
Block  
Dig

**Members of volleyball:**  
Coach  
Setter  
Outside Hitter / Left Side Hitter  
Middle Hitter  
Opposite Hitter / Right Side Hitter  
Libero / Defensive Specialist

## BASIC VOLLEYBALL RULES



- ◆ 6 players on the floor at any one time - 3 in the front row and 3 in the back row.
- ◆ Maximum of 3 hits per side.
- ◆ Points are made on every serve for winning team of rally (rally-point scoring).
- ◆ Player may not hit the ball twice in succession. (A block is not considered a hit.)
- ◆ Ball may be played off the net during a volley and on a serve.
- ◆ A ball hitting a boundary line is in.
- ◆ A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
- ◆ It is legal to contact the ball with any part of a player's body.
- ◆ It is illegal to catch, hold or throw the ball.
- ◆ A player cannot block or attack a serve from on or inside the 10-foot line.
- ◆ After the serve, front-line players may switch positions at the net.



# 教學現況



# 教學現況



# 教學現況



# 教學現況



# 英語融入運動會



# 英語融入運動會





# 教學成果~試卷

Test on PE English, School Year 108, Wanda Junior High School  
Grade 7 Class 4, Seat Number 6, Name: 涂海碩

一、Look at the picture and write down the English words. 40%

sprint · racket · jog · shuttlecock · badminton · paddle · Sports field · net · outside table · volleyball · soccer · basketball · Soccer players · baton · hoop · side line · inside

				
racket	shuttlecock	hoop	basketball	paddle
				
table	soccer	soccer players	baton	Sports field

二、Listen and choose the best answer: 40%

- (B) (A) On the track. (B) On the sports field. (C) In the goal.
- (A) (A) On the basketball court. (B) On the badminton court. (C) On the volleyball court.
- (A) (A) The start line. (B) The finish line.
- (B) (A) Jumping jacks. (B) Push-ups. (C) Sit-ups.
- (A) (A) Overhand hitting. (B) Underhand hitting.
- (C) (A) 100m race. (B) 400mx4 relay race. (C) 100mx20 relay race.
- (C) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (B) (A) \_ (B) \_ (C) \_

9. (A) (A) BEEF (B) PORK (C) MEAT

10. (B) (A) Soccer. (B) Volleyball. (C) Basketball.

三、Write your answers: 20%

- Which part of warmups do you like? Is it easy or difficult for you? I like head rotation. Yes, it's easy for me.
- Which sports do you like? Why? I like baseball. Because it's fun.
- Which one are you good at, jogging, running, or sprinting? I'm good at sprinting.
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learn many sports English words.
- Do you also learn many sports skills in in PE English class? What are they? Yes, I do. They are left hand, shake hand on short basketball.

7. (A) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (C) (A) \_ (B) \_ (C) \_

9. (A) (A) BEEF (B) PORK (C) MEAT

10. (C) (A) Soccer. (B) Volleyball. (C) Basketball.

18 三、Write your answers: 20%

- Which part of warmups do you like? Is it easy or difficult for you? I like jumping jacks. It's very easy for me. 4
- Which sports do you like? Why? I like badminton, because I can get many excited in this sport. 3
- Which one are you good at, jogging, running, or sprinting? I am good at jogging. 4
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learn many information about the sports.
- Do you also learn many sports skills in in PE English class? What are they? Yes, I do. I learn like how to catch and give my classmates the baton. 4

7. (B) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (B) (A) \_ (B) \_ (C) \_

9. (A) (A) BEEF (B) PORK (C) MEAT

10. (C) (A) Soccer. (B) Volleyball. (C) Basketball.

三、Write your answers: 20%

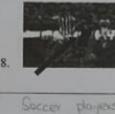
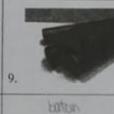
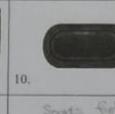
- Which part of warmups do you like? Is it easy or difficult for you? I like push-ups. It's easy for me. 4
- Which sports do you like? Why? I like play baseball. because I can play with my friends. 3
- Which one are you good at, jogging, running, or sprinting? I am good at running. 4
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learn many sports English. 4
- Do you also learn many sports skills in in PE English class? What are they? Yes, I do. I learn how to shoot the ball in basketball class and hit the ball in volleyball class. 4

# 教學成果~試卷

Test on PE English, School Year 108, Wanda Junior High School  
Grade 7 Class 1 Seat Number 31 Name: 張宇晴

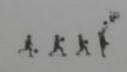
一、Look at the picture and write down the English words. 40%

sprint · racket · jog · shuttlecock · badminton · paddle · Sports field · net · outside table · volleyball · soccer · basketball · Soccer players · baton · hoop · side line · inside

				
racket	shuttlecock	hoop	basketball	paddle
				
table	soccer	Soccer players	baton	Sports field

二、Listen and choose the best answer: 40%

- (B) (A) On the track. (B) On the sports field. (C) In the goal.
- (A) (A) On the basketball court. (B) On the badminton court. (C) On the volleyball court.
- (A) (A) The start line. (B) The finish line.
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- (C) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (B) (A) \_\_\_ (B) \_\_\_ (C) \_\_\_ 

9. (B) (A) BEEF (B) PORK (C) MEAT

10. (B) (A) Soccer. (B) Volleyball. (C) Basketball.

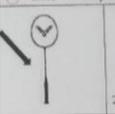
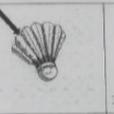
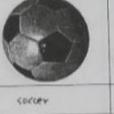
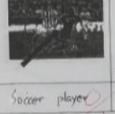
三、Write your answers: 20%

- Which part of warmups do you like? Is it easy or difficult for you? I like jumping jacks. It's easy for me.
- Which sports do you like? Why? I like basketball. Because it's very interesting.
- Which one are you good at, jogging, running, or sprinting? I am good at running.
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learned many sports. English.
- Do you also learn many sports skills in PE English class? What are they? Yes, I do. I learned basketball skills.

Test on PE English, School Year 108, Wanda Junior High School  
Grade 7 Class 7 Seat Number 6 Name: 何嘉恩

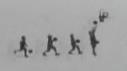
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table	soccer	Soccer player	baton	Sports field

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- (A) (A) The start line. (B) The finish line.
- (B) (A) Jumping jacks. (B) Push-ups. (C) Sit-ups.
- (B) (A) Overhand hitting. (B) Underhand hitting.
- (C) (A) 100m race. (B) 400mx4 relay race. (C) 100mx20 relay race.
- (B) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (B) (A) \_\_\_ (B) \_\_\_ (C) \_\_\_ 

9. (A) (A) BEEF (B) PORK (C) MEAT

10. (C) (A) Soccer. (B) Volleyball. (C) Basketball.

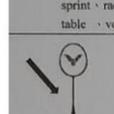
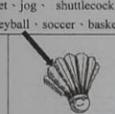
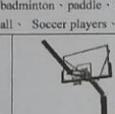
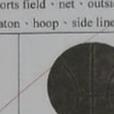
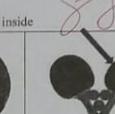
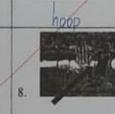
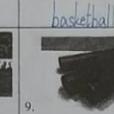
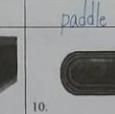
三、Write your answers: 20%

- Which part of warmups do you like? Is it easy or difficult for you? I like push-ups. It's easy for me.
- Which sports do you like? Why? I like play baseball. because I can play with my friends.
- Which one are you good at, jogging, running, or sprinting? I am good at running.
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learn how to shoot the in basketball class and hit the in volleyball class.
- Do you also learn many sports skills in PE English class? What are they? Yes, I do.

Test on PE English, School Year 108, Wanda Junior High School  
Grade 7 Class 4 Seat Number 22 Name: 羅宇晴

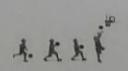
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racket	shuttlecock	hoop	basketball	paddle
				
table	soccer	Soccer players	baton	Sports field

二、Listen and choose the best answer: 40%

- (B) (A) On the track. (B) On the sports field. (C) In the goal.
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- (C) (A) Jumping jacks. (B) Push-ups. (C) Sit-ups.
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- (B) (A) Basketball. (B) Volleyball. (C) Soccer.

8. (B) (A) \_\_\_ (B) \_\_\_ (C) \_\_\_ 

9. (C) (A) BEEF (B) PORK (C) MEAT

10. (C) (A) Soccer. (B) Volleyball. (C) Basketball.

三、Write your answers: 20%

- Which part of warmups do you like? Is it easy or difficult for you? I like knee rotation. It is easy for me.
- Which sports do you like? Why? I like table tennis. Because it's easy for me.
- Which one are you good at, jogging, running, or sprinting? I am good at jogging.
- Are you happy to learn English in PE English class? What do you learn? Yes, I am. I learn many different words.
- Do you also learn many sports skills in PE English class? What are they? Yes, I do. They are sitting and hitting the ball.

# 教學成果~問卷

問卷對象：七年級全體學生

問卷數：222份

施測日期：109年1月份

# 教學成果~問卷

## 壹、關於老師用英語上體育課：

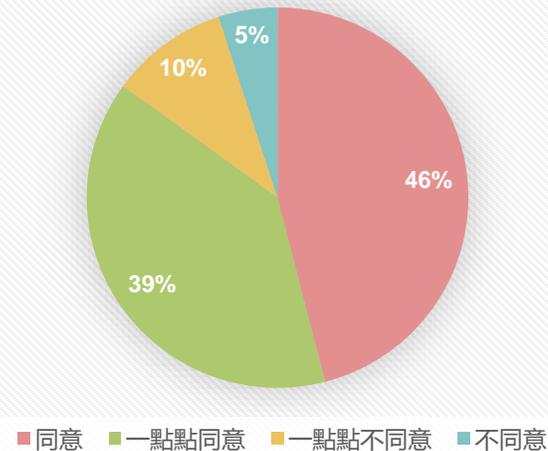
這六個題目，學生回答「同意」與「一點點同

意」二者之和，皆超過80%，其中以「老師用英語上體育課，讓我學到體育相關的英文單字」超過90%最高，綜合以上可知道學生對於英語上體育課，除了可以學好英語也可以學到體育相關知識，二者並沒有衝

# 教學成果~問卷

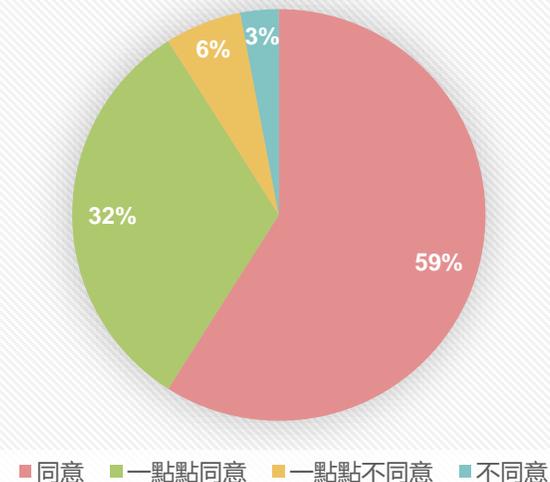
1、老師用英語上體育課，

我可以聽懂老師上課的內容



2、老師用英語上體育課，

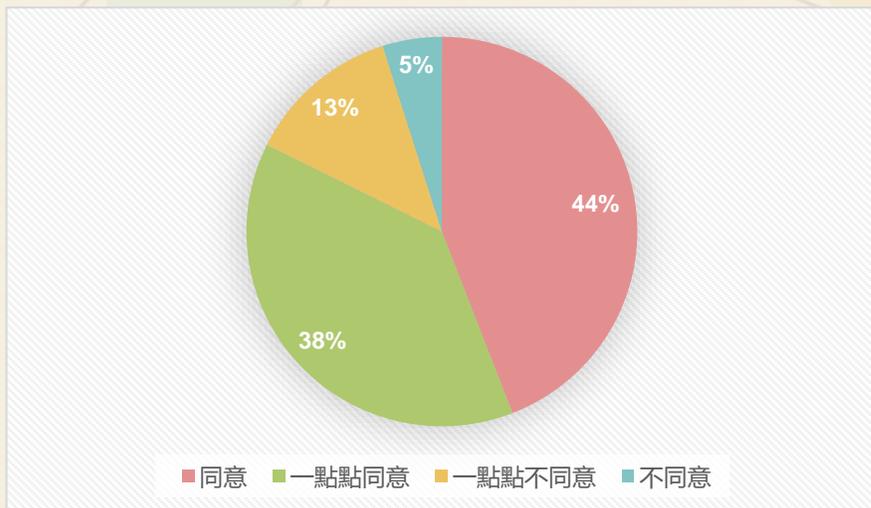
我可以學到體育相關的知識



# 教學成果~問卷

3、老師用英語上體育課，

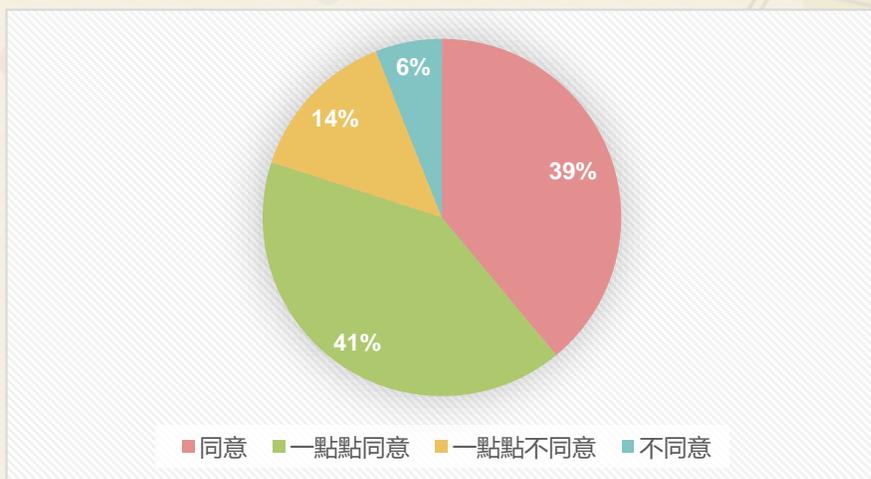
我可以**聽懂老師的英語**



4、老師用英語上體育課，

讓我的**英語「聽力」**比以

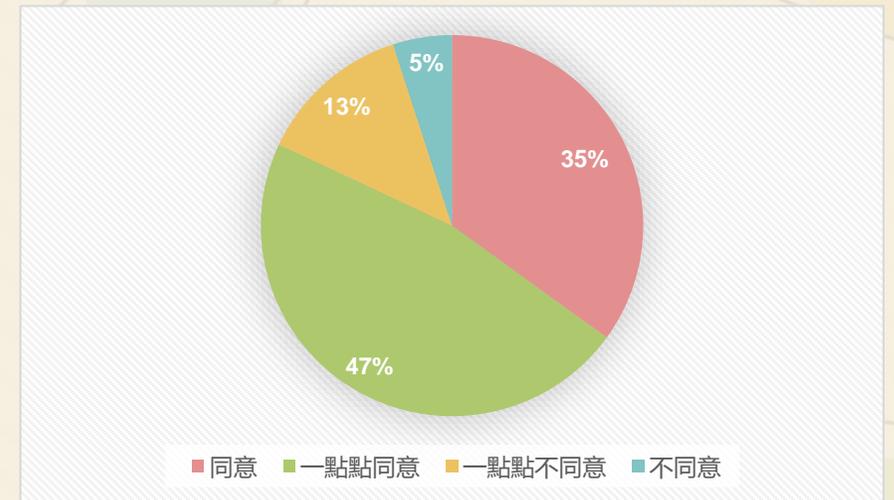
**前更好**



# 教學成果~問卷

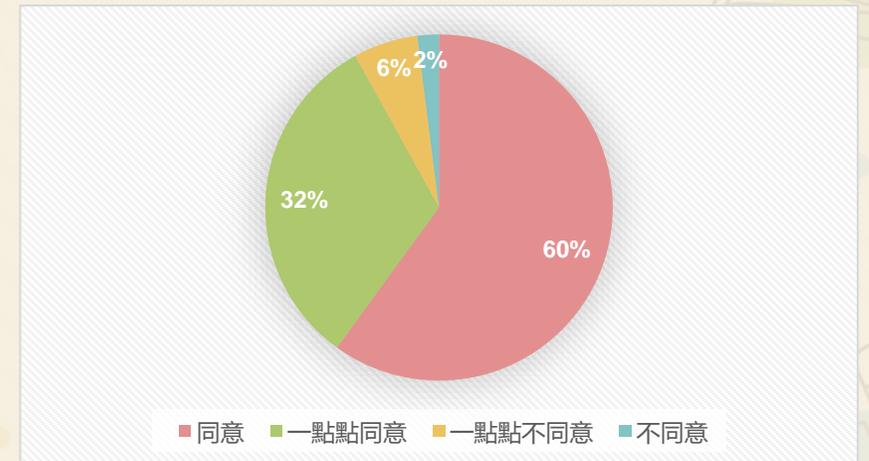
5、老師用英語上體育課，

讓我的英語「說」比以前更好



6、老師用英語上體育課，

讓我學到體育相關的「英文單字」



# 教學成果~問卷

貳、上體育課的情形：

學生回答「同意」與「一點點同意」二者

之和，皆超過85%，表示學生在這個課

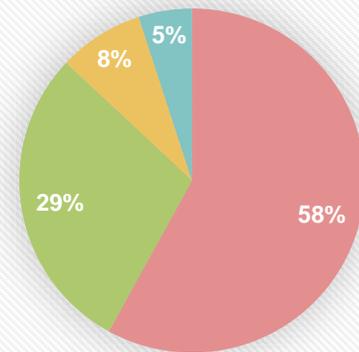
程，認真在上課、努力在學習，不會因為

以英語上課而有放棄。

# 教學成果~問卷

7、上體育課的時候，

**我會認真上課**

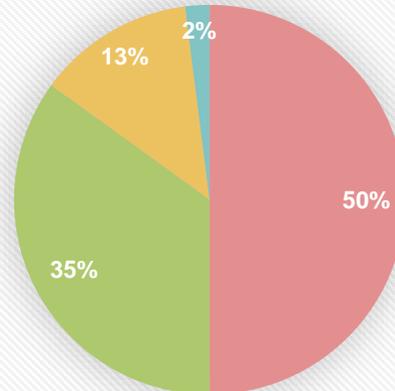


■ 同意 ■ 一點點同意 ■ 一點點不同意 ■ 不同意

8、上體育課的時候，

**同學們都認真地參與**

**學習活動**



■ 同意 ■ 一點點同意 ■ 一點點不同意 ■ 不同意

# 教學成果~問卷

參、當我聽不懂時的情形：

其中當我聽不懂時，學生去問老師或找同

學討論這二個題目，學生回答「同意」與「一點點同意」二者之和，皆超過70%，

其二，當我聽不懂時就不想學「不同意」

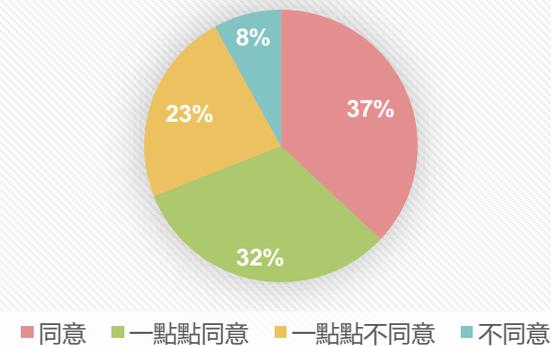
與「一點點不同意」二者之和為62%，綜

合以上可知，學生遇到聽不懂的情形，並

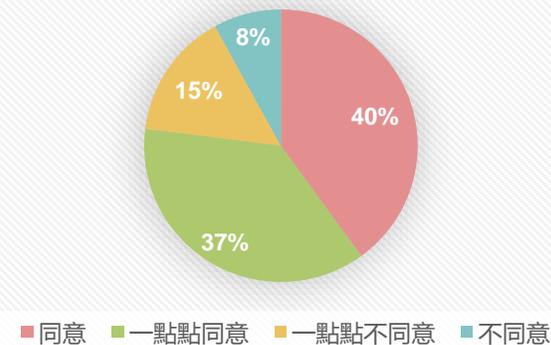
不會放棄學習，而是找同學討論或問老師

# 教學成果~問卷

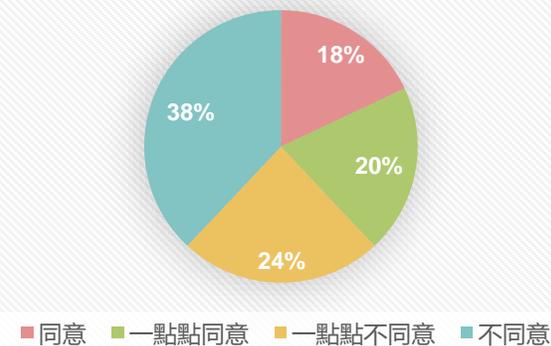
9、當我聽不懂的時，我會自己問老師



10、當我聽不懂的時，我會找同學討論



11、當我聽不懂的時，我就不想學了



# 教學成果~問卷

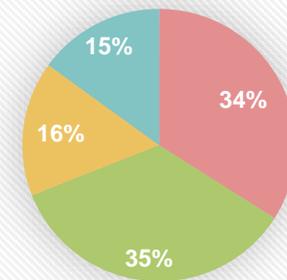
肆、用英語上體育課學生的感受情形：

學生回答「同意」與「一點點同意」二者之

和，皆超過70%，其中以「我覺得用英語上體育課有挑戰性」與「我聽得懂老師用英語上體育課時，我覺得自己很棒」這二個題目，約80%最高，綜合以上可知道學生對於英語上體育課，感受是正向，願意接受英語的挑戰。

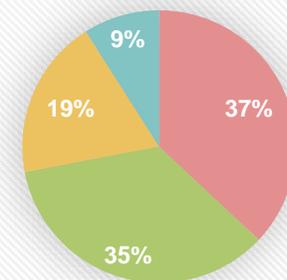
# 教學成果~問卷

12、我喜歡老師用英語上體育課



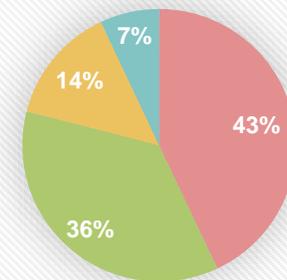
■ 同意 ■ 一點點同意 ■ 一點點不同意 ■ 不同意

13、老師用英語上體育課，讓課程的內容更有趣



■ 同意 ■ 一點點同意 ■ 一點點不同意 ■ 不同意

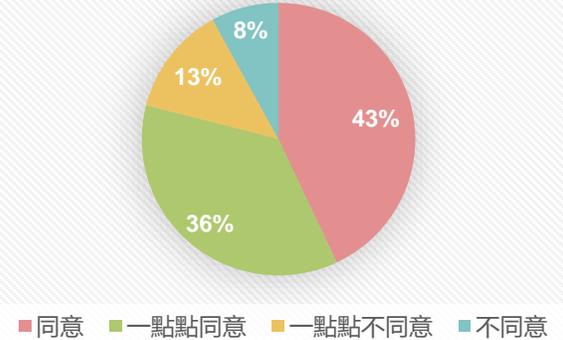
14、我覺得用英語上體育課有挑戰性



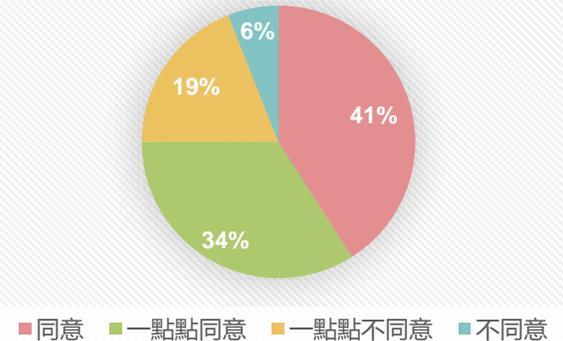
■ 同意 ■ 一點點同意 ■ 一點點不同意 ■ 不同意

# 教學成果~問卷

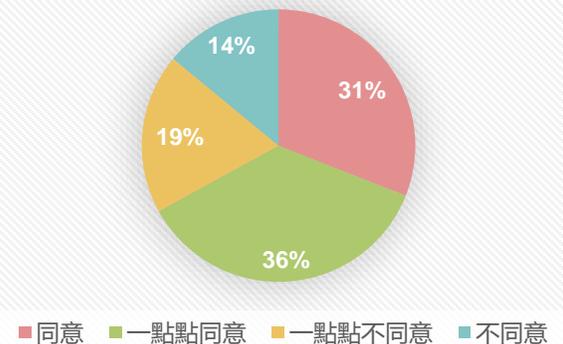
15、我聽得懂老師用英語上體育課時，**我覺得自己很棒**



16、我可以用英語回答問題時，**我覺得自己很棒**



17、我希望老師上體育課時，**能多用一些英語**



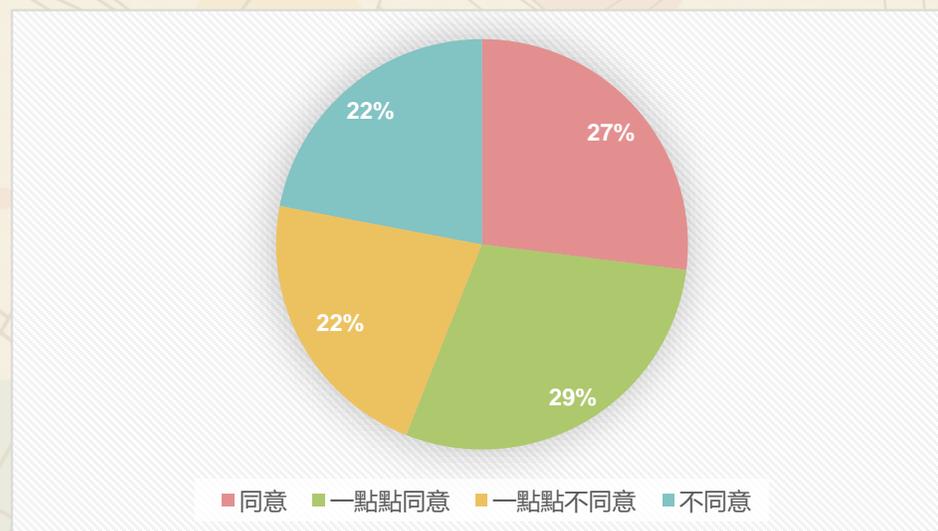
# 教學成果~問卷

伍、希望有更多課也能用英語來上課：

這個題目約56%「同意」與「一點點同意」，44%「不同意」與「一點點不同意」，整份問卷當中，同意與不同意差距最小，但與本校學生會考成績類似，本校會考英語科待加強比率逐年降低從接近50%降低至40%，我們學生英語成績先天條件較差，利用多管道讓學生學習英語，並且辦理相關計畫，期許學校英語科待加強比率能低於全國待加強比率。

# 教學成果~問卷

18、我希望有更多課也能用英語來上課



# 省思與收穫

- 一、集合與暖身操使用英語成為體育教學常態
- 二、整理課堂常用英語單字與句字
- 三、熱情的老師~英語沉浸需要體育與英語教師  
共同討論、共同成長
- 四、學生慢慢在改變~沉浸式英語為英語學習提供實用機會，對學生開口說英語有幫助
- 五、沉浸式英語為學生製造英語環境。