

教學活動	教學時間	教具	評量
<p><b>手眼協調活動一</b></p> <p>一、教學準備：網球，低欄架，呼拉圈</p> <p>二、引起動機：</p> <p>1.老師指導學生用低欄架完成熱身。</p> <ul style="list-style-type: none"> <li>● Forward jump</li> <li>● Lateral jump</li> <li>● Forward hop</li> <li>● Lateral hop</li> </ul> <p>三、發展活動：</p> <p>1.老師講解活動內容：</p> <ul style="list-style-type: none"> <li>● Catching with one ball: alternating catches the ball; integrate upper and lower body and you can punch or pick up speed.</li> <li>● Toss and catch with two balls: toss two balls at the same time and catch the ball underhand or overhand.</li> <li>● High bounce and catch: bounce the ball higher and catch the ball underhand.</li> <li>● Alternating bounce and catch: bounce one ball and catch with right hand, then alternating with left hand.</li> </ul> <p>2.分組進行活動，老師在旁指導。</p> <p>四、統整活動：學生整隊並收操。</p>	<p>10</p> <p>25</p> <p>5</p>	<p>低欄架</p> <p>網球</p>	<p>實作</p> <p>實作</p>
<p><b>手眼協調活動2</b></p> <p>一、教學準備：排球，低欄架，呼拉圈</p> <p>二、引起動機：</p> <p>1.老師指導學生用低欄架完成熱身。</p> <ul style="list-style-type: none"> <li>● Forward jump</li> <li>● Lateral jump</li> <li>● Forward hop</li> <li>● Lateral hop</li> </ul> <p>三、發展活動：</p> <p>1.老師講解活動內容：</p>	<p>10</p> <p>25</p>	<p>低欄架</p>	<p>實作</p>

<ul style="list-style-type: none"> <li>● Two hands toss and catch: toss and catch with two balls.</li> <li>● Jumping jack catch: throw the ball, do a jumping jack and catch the ball.</li> <li>● Throw and step aside: throw and step to the left and right.</li> <li>● Catching with two balls: Alternating throw and catch with two balls.</li> <li>● Grouping throw and step aside: Three students in a group, throw the ball and step aside, then catch the ball.</li> </ul> <p>2.分組進行活動，老師在旁指導。</p> <p>四、統整活動：學生整隊並收操。</p>	10	排球	實作
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