

# 110 學年度 體育課程雙語教學教案

## 一、課程架構

單元名稱	學習目標	學習內容 (含教學單元和教學主題)	學科英語單字
球球大作戰	1. 能了解身體活動基本能力。 2. 課堂中能認真參與學習。 3. 能表現出安全的身體活動行為。 4. 能於課後利用學校或社區資源從事身體活動。	一、你丟我檔 1. 進攻防守概念遊戲。 2. 球感遊戲。 二、進攻與防守 1. 運球與遊戲 1。 2. 運球與遊戲 2。 三、球球大作戰 1. 運球與胸前傳球。 2. 運球與地板傳球。	Jumping jack. Crab walk. Shuffle steps. Jump back and forth. Ball. Volleyball. Basketball. Attack and defense. Fingertips, Clap. Bounce the ball. Wrist. Hold hands. Pair up. Flip. Chest pass. Snap. Bounce pass. Floor.

## 二、單元設計


### (一)單元架構


單元名稱	單元主題	單元活動
球球大作戰	一、你丟我檔	一、你丟我檔
		二、球感練習
	二、進攻與防守	一、運球遊戲(一)
		二、運球遊戲(二)
	三、球球大作戰	一、運球與胸前傳球
		二、運球與地板傳球

### (二) (每個單元)教學設計/教案

單元名稱	大家一起來玩球	教學設計者	潘映帆
學習對象	二年級 下學期	學習節次	6 節課(240 分鐘)
學習內容	1. Bc- I -1 各項暖身伸展動作。 2. Cb- I -2 班級體育活動。 3. Hc- 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。		
學習表現	認知：1c- I -1 認識身體活動的基本能力。 情意：2c- I -2 表現認真參與的學習態度。		

	<p>技能：3c- I -2 表現安全的身體活動行為。</p> <p>行為：4d- I -2 利用學校或社區資源從事身體活動。</p>
學習目標	<p>1. 能了解身體活動基本能力。</p> <p>2. 課堂中能認真參與學習。</p> <p>3. 能表現出安全的身體活動行為。</p> <p>4. 能於課後利用學校或社區資源從事身體活動。</p>
教學方法	<p>直接教學法</p> <p>實作與練習</p> <p>趣味化遊戲</p>
學科英語 詞彙	<p>暖身</p> <p>Jumping jack. Frog jump. Squat jump. Sonic run.</p> <p>Crab walk. Shuffle steps. Jump back and forth.</p> <p>第一節</p> <p>Ball. Volleyball. Basketball. Attack and defense.</p> <p>第二節</p> <p>Fingertips. Wrist. Clap. Bounce the ball. Over.</p> <p>第三節</p> <p>Pair up. Flip.</p> <p>第四節</p> <p>Protect</p> <p>第五節</p> <p>Chest pass. Snap.</p> <p>第六節</p> <p>Bounce pass. Floor.</p>
學科英語 句型 (視 教材內容)	<p>Time to warm up, let's do _____.</p> <p>Take a break, drink water and sit down.</p> <p>Today we are going to practice _____.</p> <p>Work with your teammates.</p> <p>Try to hit the targets (cones).</p> <p>Use your fingertips and wrist to bounce the ball.</p> <p>Bend your knees and lower your hips, like you are sitting on a chair.</p> <p>Head up and hand down.</p> <p>Protect the ball.</p>

教學主題一：你丟我檔	教學資源	評量
<p><b>活動一 你丟我檔</b></p> <p><b>一、引起動機：(10’)</b></p> <p>1.集合整隊與散開成體操隊型（教師示範動作與口令，學生跟著說與做）</p> <p>T: Gather around and make 4 lines.</p> <p>T: Attention. Ss: 1, 2.</p> <p>T: Hands up Ss: Hands up</p> <p>T: Hands down Ss: Hands down</p> <p>T: Heads, hands up and spread out.</p> <p>2.Time to warm up.</p> <p>3.Let’s do 10 jumping jacks, 10 frog jumps and 10-second <u>sonic run</u>（音速小子跑-小碎步）</p> <p>4.Take a break, drink water and sit down.</p> <p><b>二、發展活動：(25’)</b></p> <p>活動一 Hit the cones</p> <ul style="list-style-type: none"> <li>• Today, we are going to play two games.</li> <li>• First game, let’s make 5 lines and sit down..</li> <li>• First student stand on the white line.</li> <li>• 目標區裡每一組有一張桌子， There are 4 cones on the table.</li> </ul>  <ul style="list-style-type: none"> <li>• These cones are your targets. You are going to throw the ball and hit them. （教師邊講解邊示範動作）</li> <li>• 1 cone is 1 point. How many points can you get?</li> <li>• Are you ready to play?</li> <li>• Be careful and let’s start the game.</li> </ul> <p>活動二 Attack &amp; defense</p>	<p>*角錐 25 個</p> <p>*桌子 5 張</p> <p>*軟式 排球 10 顆</p>	<p>*實作 評量</p> <p>*實作 評量</p> <p>*規則 理解</p> <p>*口語 評量</p>

<ul style="list-style-type: none"> <li>• Next game, we are going to play in 4 groups.</li> <li>• 每組同學再分成兩個小隊，穿著不同顏色的背帶，分別代表 team attack and team defense.</li> <li>• 每一組的活動區有一張桌子，there are 4 cones on the table.</li> <li>• These cones are the targets. You are going to throw the ball and hit them. (教師邊講解邊示範動作)</li> <li>• Inside the yellow line is the defense area。</li> <li>• Team defense, stay in the defense area.</li> <li>• You have to block the ball, defend the cones. Don't let people hit the cones. 防守隊，你們要保護角錐不要被進攻的球打到，你可以接住球或把球擋掉，但是你們只能在防守區域移動。</li> <li>• Team attack, you have to attack the cones. Yes! Hit the cones with your ball, but you can only use both hands to throw the ball at the cones.</li> <li>• Team attack, stay outside of the yellow line. 你們的攻擊區域在黃線(場地)的外側，不能進入到防守區域。</li> </ul> <div style="display: flex; justify-content: space-around;">  </div> <ul style="list-style-type: none"> <li>• The balls are in the basket, team attack, go take a ball and get ready.</li> <li>• Team defense, get ready in the defending area.</li> <li>• Remember, 1 cone is 1 point.</li> <li>• Be careful and let's start the game.</li> </ul> <p><b>三、綜合活動：(5')</b> 總結今日課程</p> <p>T: Gather around, back to 4 lines. Take a break, drink water and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How many cones did you hit? Ss: 學生回答</p> <p>T: 你們發揮團隊合作嗎? Ss: 學生回答</p> <p>T: Great job everyone.</p>	<p>*不同色背帶或號碼衣 *桌子4張 *角錐16個 *軟式排球4顆</p>	<p>*實作評量 *規則理解</p> <p>*口語評量</p>
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<p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第 1 節 結束 ~~</p>		
<p><b>活動二 球感練習</b></p> <p><b>一、引起動機：(10')</b></p> <p>1.集合整隊與散開成體操隊型（教師示範動作與口令，學生跟著說與做）</p> <p>T: Gather up and make 4 lines.</p> <p>T: Attention. Ss: 1, 2.</p> <p>T: Hands up Ss: Hands up</p> <p>T: Hands down Ss: Hands down</p> <p>T: Heads, hands up and spread out.</p> <p>2.Time to warm up.</p> <p>3.First, let's do 10 jumping jacks, 10 squat jumps.</p> <p>4.Next, shuffle steps (側併步) and crab walk.</p> <p>5.Take a break, drink water and sit down.</p> <p><b>二、發展活動：(25')</b></p> <p>活動一 球感練習</p> <ul style="list-style-type: none"> <li>• Today, we are going to play with the ball.</li> <li>• What is play with the ball? Class stand up and spread out. (教師邊示範邊講解，學生跟著做)</li> </ul> <ol style="list-style-type: none"> <li>1.Slap ball and tap between fingertips.</li> <li>2. Tap above head.</li> <li>3. Roll around feet.</li> <li>4. Roll around your body.</li> <li>5. Roll around your neck.</li> <li>6. Throw up and catch.</li> <li>7. Add clapping.</li> <li>8. Back to back with partner, line 1 and line 3 please turn around. <ol style="list-style-type: none"> <li>8-1 Hand the ball over from the side to your partner.</li> <li>8-2 Hand it over the top and then underneath.</li> <li>8-3 Please sit down. Bounce the ball and hand it over the top to your partner.</li> </ol> </li> </ol>	<p>*軟式排球或籃球</p>	<p>*實作評量</p> <p>*實作評量</p>

<p>活動二 運球 Dribble the ball</p> <ul style="list-style-type: none"> <li>• 運球動作要領       <ol style="list-style-type: none"> <li>1. <b>BOUNCE</b> : Use your fingertips and wrist to bounce the ball. 運球時，用手指與手腕力量運球。</li> <li>2. <b>BEND</b> : Bend your knees and lower your hips, like you are sitting on a chair. 膝蓋微彎，身體重心放低，就像坐在椅子上。</li> <li>3. <b>HEAD UP</b> : Head up and hand down. 抬頭眼睛注視前方，手腕下壓。</li> <li>4. <b>PROTECT</b> : Protect the ball. 非持球手做出護球動作。</li> </ol> </li> <li>• Please pair up, 一位同學操作，另一位同學觀察動作。 (教師巡視並提醒動作要領)</li> <li>• Gather around, 教師詢問學生分組練習情形。</li> <li>• 教師(可請學生)再一次示範動作，並提醒口訣。</li> <li>• 散開再練習一次。</li> </ul> <p>三、綜合活動：(5')</p> <p>總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you protect the ball? Ss: 學生回答</p> <p>T: 下次上課我們會進行運球遊戲。</p> <p>T: Great job everyone.</p> <p>T: After I said class dismissed, let's do the fist bump to your teammate, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~第2節結束~~</p>	<p>*軟式排球或籃球</p>	<p>*實作評量</p> <p>*口語評量</p> <p>*口語評量</p>
<p style="text-align: center;">教學主題二: 進攻與防守</p>	<p>教學資源</p>	<p>評量</p>
<p><b>活動一 運球遊戲</b></p> <p>一、引起動機：(10')</p> <p>1. 集合整隊與散開成體操隊型 (教師示範動作與口令，學生跟著說與做)</p> <p>T: Gather up and make 4 lines.</p> <p>T: Attention. Ss: 1, 2.</p>		<p>*實作評量</p>

<p>T: Hands up      Ss: Hands up</p> <p>T: Hands down    Ss: Hands down</p> <p>T: Heads, hands up and spread out.</p> <p>2. Time to warm up.</p> <p>3. Let's jump back and forth for 30 seconds.</p> <p>4. Let's do the crab walk and shuffle steps</p> <p>5. Take a break, drink water and sit down.</p>		
<p><b>二、發展活動：(25')</b></p> <p>活動一 運球動作複習</p> <ul style="list-style-type: none"> <li>• Can anyone tell me how to dribble?</li> <li>• 教師設計問題引導學生學生，如：重心要怎麼放低？屁股坐下還是膝蓋往前彎？（學生說，教師做）</li> <li>• 運球動作要領</li> </ul> <p>1. <b>BOUNCE</b>：Use your fingertips and wrist to bounce the ball. 運球時，用手指與手腕力量運球。</p> <p>2. <b>BEND</b>：Bend your knees and lower your hips, like you are sitting on a chair. 膝蓋微彎，身體重心放低，就像坐在椅子上。</p> <p>3. <b>HEAD UP</b>：Head up and hand down. 抬頭眼睛注視前方，手腕下壓。</p> <p>4. <b>PROTECT</b>：Protect the ball. 非持球手做出護球動作。</p> <ul style="list-style-type: none"> <li>• Your turn, please pair up, 一位同學操作，另一位同學觀察動作。</li> </ul>	*軟式排球或籃球	*實作評量
<p>活動二 我是守護者 I can protect the ball</p> <ul style="list-style-type: none"> <li>• 與上個活動同樣的分組，但是觀察同學要改變任務，看你能不能把球拍走，所以運球同學，you have to protect your ball.</li> <li>• Everyone, please get ready, you have 30 seconds. Ready, GO!</li> <li>• Times up, switch side. 30 seconds. Ready, GO!</li> <li>• 視時間調整學生練習次數。</li> </ul>	*軟式排球或籃球	*實作評量 *規則理解
<p>活動三 運球遊戲</p> <p>1. Flip the disc cones</p> <p>(1) Make 4 lines.</p> <p>(2) There are many disc cones on the court.</p>	*軟式排球或	*實作評量 *規則理解

<p>(3)同學的任務很簡單，一組邊運球邊把圓盤角錐翻成正面，另一組則相反，要翻成反面。</p> <p>(4)計時 30 秒</p> <p><b>三、綜合活動：(5')</b></p> <p>總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we learn today?</p> <p>Ss:學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you protect the ball? Ss:學生回答</p> <p>T:你的球有被拍走嗎?Ss:學生回答</p> <p>T: Great job everyone.</p> <p>T: Next class, we will have more games to play, are you excited?</p> <p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~第3節結束~~</p>	<p>籃球 *圓 盤角 錐</p>	<p>*口語 評量</p>
<p><b>活動二 運球遊戲</b></p> <p><b>一、引起動機：(10')</b></p> <p>同前面課堂熱身</p> <p><b>二、發展活動：(25')</b></p> <p>活動一 運球動作複習</p> <ul style="list-style-type: none"> <li>• Can anyone SHOW me how to dribble? (學生示範)</li> <li>• 運球動作要領 <ol style="list-style-type: none"> <li>1. <b>BOUNCE</b>：Use your fingertips and wrist to bounce the ball. 運球時，用手指與手腕力量運球。</li> <li>2. <b>BEND</b>：Bend your knees and lower your hips, like you are sitting on a chair. 膝蓋微彎，身體重心放低，就像坐在椅子上。</li> <li>3. <b>HEAD UP</b>：Head up and hand down. 抬頭眼睛注視前方，手腕下壓。</li> <li>4. <b>PROTECT</b>：Protect the ball. 非持球手做出護球動作。</li> </ol> </li> <li>• Everyone, please pair up, 一位同學操作，另一位同學觀察動作。</li> </ul> <p>活動二 運球遊戲 Hold hands</p>	<p>*軟 式排 球或 籃球</p>	<p>*實作 評量</p> <p>*實作 評量</p>



<p>1. Please pair up. Hold hands with your partner, 一人運球，另一人防守。</p> <p>2. 運球的同學，注意運球的節奏。防守的同學，記得拍掉對手的球。</p> <p>3. 遊戲計時 30 秒。Ready, GO.</p> <p>活動三 運球遊戲 Protect the ball</p> <p>1. Make 4 lines, 一次一排的同學進行遊戲。</p> <p>2. 計時 30 秒的時間，listen to the whistle.</p> <p>3. 個人運球的同時，還要把別人的球拍走，you have to protect your ball.</p> <p>4. 球被拍出界線，或自己運球出界，就算出局。</p> <p>5. 每隊優勝的同學，可以晉級到下一輪的比賽。</p> <p><b>三、綜合活動：(5')</b></p> <p>總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: 你喜歡哪個遊戲？為什麼喜歡呢？ Ss: 學生回答</p> <p>T: Great job everyone.</p> <p>T: 下次上課我們要學傳球喔。</p> <p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~ 第 4 節結束 ~~</p>	<p>*軟式排球或籃球</p>	<p>*實作評量</p> <p>*規則理解</p> <p>*口語評量</p>
<p>教學主題三：球球大作戰</p>	<p>教學資源</p>	<p>評量</p>
<p><b>活動一 運球與地板傳球</b></p> <p><b>一、引起動機：(10')</b></p> <p>同前面課堂熱身</p> <p><b>二、發展活動：(25')</b></p> <p>活動一 S 型跑動運球</p> <ul style="list-style-type: none"> <li>• One by one, start from the line.</li> <li>• When you hear 1 whistle, start dribbling.</li> <li>• When you hear 2 whistle, 運球出發繞 S 型通過角椎。</li> <li>• 跑動運球的時候，請把球往斜前方運，如果球太靠近腳邊，你可能會踩到球喔</li> </ul>	<p>*角錐</p> <p>*軟式排球或籃球</p>	<p>*實作評量</p> <p>*實作評量</p> <p>*規則理解</p> <p>*口語評量</p>

<ul style="list-style-type: none"> <li>• 過了最後一個角錐，pass the ball with two hands to next student. 拿到球的同學，可直接出發。</li> <li>• Let's see which team is the winner?</li> <li>• Ready? GO!!!!</li> <li>• 遊戲結束，教師視活動情形提點與修正學生動作。</li> <li>• Let's play it one more time.</li> </ul> <p>活動二 胸前傳球 (Chest pass) 動作要領</p> <ol style="list-style-type: none"> <li>1. Use two hands to hold the ball close to your chest. 持球手像御飯糰一樣呈現三角形，將球至於胸前。</li> <li>2. One step forward while snapping your arms forward. 單腳跨步的同時，手臂伸直將球送出。</li> <li>3. Follow through by extending your arms fully in front of your body. 確定手臂有完全伸展至身體前方。</li> </ol> <ul style="list-style-type: none"> <li>• 請學生示範動作 Let's welcome _____.</li> <li>• 教師詢問學生觀察到的情形，教師稱讚或修正後，準備開始分組練習。</li> <li>• Line 1 and line 3 turn around, let's practice chest pass with your partner.</li> <li>• Are you ready? Let's go.</li> <li>• Gather around, 教師再次講解動作及提示後，再次練習。</li> </ul> <p>三、綜合活動：(5')</p> <p>總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we learn today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: How did you pass the to your teammate? Ss: 學生回答</p> <p>T: 請問你有順利把球傳給你的隊友嗎? Ss: 學生回答</p> <p>T: 下次上課我們要進行運球與傳球的遊戲。</p> <p>T: Great job everyone.</p> <p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p style="text-align: center;">~~第5節結束~~</p>	*軟式排球或籃球	*實作評量 *動作理解 *口語評量  *口語評量
<p><b>活動二 突破重圍</b></p> <p>一、引起動機：(10')</p> <p>同前面課堂熱身</p>		

<p><b>二、發展活動：(25')</b></p> <p>活動一 S 型跑動運球+胸前傳球</p> <ul style="list-style-type: none"> <li>• One by one, start from the line.</li> <li>• When you hear 1 whistle, start dribbling.</li> <li>• When you hear 2whistle, 運球出發繞 S 型通過角錐。</li> <li>• 跑動運球的時候，請把球往斜前方運，如果球太靠近腳邊，你可能會踩到球喔</li> <li>• Use chest pass to pass the ball to next student, 拿到球的同學，可直接出發。</li> <li>• Let's see which team is the winner?</li> <li>• Ready? GO!!!!</li> <li>• 遊戲結束，教師視活動情形提點與修正學生動作。</li> <li>• Let's play it one more time.</li> </ul> <p>• 地板傳球 (Bounce pass)</p> <ol style="list-style-type: none"> <li>1. Use two hands to hold the ball close to your chest. 持球手像御飯糰一樣呈現三角形，將球至於胸前。</li> <li>2. Step forward, extent your arms and snap your wrist to pass the ball forward and down into the floor. 單腳跨步的同時，手臂伸直將球往斜下方地板送出。</li> <li>3. Follow through by extending your arms fully and bounce the ball to your teammate. 確定手臂有完全伸展，並且球能從地板彈至隊友的位置。</li> </ol> <ul style="list-style-type: none"> <li>• 請學生示範動作 Let's welcome _____.</li> <li>• 教師詢問學生觀察到的情形，教師稱讚或修正後，準備開始分組練習。</li> <li>• Line 1 and line 3 turn around, let's practice with your partner.</li> <li>• Start from dribbling, when you hear a short blow, use chest pass to your partner.</li> <li>• When you hear a long blow, use bounce pass to your partner.</li> <li>• Are you ready? Let's go.</li> <li>• Gather around, 教師再次講解動作及提示後，再次練習。</li> </ul>	<p>*軟式排球或籃球</p> <p>*軟式排球或籃球</p>	<p>*實作評量</p> <p>*實作評量</p> <p>*動作理解</p> <p>*口語評量</p> <p>*實作評量</p> <p>*動作理解</p> <p>*口語評量</p>
<p><b>三、綜合活動：(5')</b></p> <p>總結今日課程</p> <p>T: Gather around, back to 4 lines and sit down.</p> <p>T: What did we play today?</p> <p>Ss: 學生回答，教師跟著做動作讓學生複習</p> <p>T: 過去幾堂課，我們學到了運球跟傳球的動作，小朋友也越來越厲害!</p>		<p>*口語評量</p>

<p>T: Great job everyone.</p> <p>T: After I said class dismissed, let's do the fist bump to your teammates, don't forget to say "good job" to each other.</p> <p>T: Class dismissed.</p> <p>～～第6節結束～～</p>		
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