

主題名稱		主題二 呼拉圈—呼拉圈派對		
教學對象		二年級	教學者	簡雯敏
		第十節 (總共十節)		
核心素養	總綱	A1 身心素養與自我精進 B1 符號運用與溝通表達 C2 人際關係與團隊合作		
	領綱	健體-E-A1 具備良好身體活動習慣，以促進身心健全發展，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。 英-E-B1 具備入門的聽、說英語文能力。能運用所學字詞及句型進行日常溝通。		
學習重點	學習表現	1c-I-1 認識身體活動的基本動作。 2c-I-2 表現認真參與的學習態度。 1-II-8 能聽懂簡易的教室用語。 2-II-4 能使用簡易的教室用語。		
	學習內容	Bc-I-1 各項暖身伸展動作。 Cb-I-1 運動安全常識。 Ac-II-1 簡易的教室用語。		
學習目標	領域學習目標	(一)在遊戲中表達出對肢體各部位的認識，並能靈活操作身體依口令表現動作。 (二)能主動參與各種身體活動。 (三)能專注欣賞他人優良動作表現。 (四)能表現認真參與活動的積極態度。		
	語言學習目標	一、能聽懂： (一)、目標字詞 1. 身體部位: waist 2. 動作: swing, rotate, assemble, spread out, on my back, twist, push, jump, hop 3. 其他: hula hoop, ice cream cone, traffic cone (二)、目標句型 1. Swing the hula hoop. 2. T: Are you ready? Ss: Yes, on my back. Twist. Push. 3. Keep trying! 二、課室用語 1. Good morning. 2. Look at me. Listen to me. 3. Is everybody here? 4. Tr: Check your..... 5. Are you ready? * 學生需要會說 1. Good morning. 2. Sportswear and sneakers. 3. Go!		

Ss.: Bend my back forward and backward.

Ss.: Lunge.

Ss.: My head touches my toes.

Ss.: Bend my knee and straighten my leg.

Tr.: Wait. Change sides.

Ss.: Run in place. Tr.: How many steps? Ss: Seventy.

Ss.: Jumping Jacks. Tr.: How many times? Ss.:Thirty-five .

Tr.: One, two, three, four, five, six, seven, eight....., thirty -five.

(March in place).

Ss.: Hold up my knees.

Ss.: Breathe in and breathe out.

(做操結束~)

Tr.: Assemble! -> Ss: Go!

Tr.: Today's warm-up teachers are Teacher___ and Teacher___.

Tr.: Please give them a big hand.(掌聲___百下)

Tr.: Take a bow. Ss.: Thank you, everyone. Ss.: You're welcome!

二、發展活動：個人挑戰賽(老師依據上次課堂中，每生 30 秒搖呼拉圈次數重新分組，將實力相當的學生每四人一組，計時 30 秒，一人搖另三人數，將每生搖呼拉圈次數記錄在計分紙上，於下課之前公布成績，成功挑戰上一次自己的紀錄者可先行下課)

Tr.: This row, please count the students in your line.

Tr.: Follow me to get the hula hoops. How many students?

Ss.: _____ , thank you!

Tr: How to swing the hula hoop? Do you remember? Let's review and practice it.

Tr.: I set the timer for 30 seconds. Tr.: How many seconds?

Ss.:Thirty seconds.

Tr.: Are you ready?

Ss.: Yes! On my back! Twist!

Tr.: beep! →Ss.: Push!

Tr.: Time's up! Please write the times on the scoreboard (Please write it down)! Change!

三、綜合活動：團體挑戰賽(分兩組，進行接力賽)

Tr: Attention! -> Ss: One, two!

Tr.:分兩隊進行。原地搖呼拉圈 ten times 後→邊搖邊前進至 ice cream cone，並將呼拉圈套至 ice cream cone，接著以跳躍方式完成地上擺放之呼拉圈(兩個圈兩腳同時 jump,一個圈單腳 hop)，繞過 traffic cone 後，重複進行地上呼拉圈的跳躍，最後拾起呼拉圈，以跑步跳方式回到起點，交接給下一棒。

Tr.: Two teams.

1. Swing the hula hoop in place ten times.

2. Swing and move to the ice cream cone. Put down the hoop

score-board × 7
hula hoop
× 29

hula hoop
(big) × 4
(small) × 6
ice cream
cone × 2
traffic
cone × 2

能專心聽
講並依指
令完成指
定動作

here.

3. hop, hop, jump, hop.....

4. Run around the traffic cone and hop, hop, jump, hop.....again.

5. Jump over the hoop and come back.

活動進行中等待的 Ss (cheer team) : (①count 1 to 10, then say 「GO」! → ② say 「jump」 or 「hop」 → ③加油 加油 GO! GO! GO!)

Tr.: Now let's play this game. Let's see who the winner is.

Tr.: Are you ready? → S:Yes! → T: Ready, beep!

(挑戰結束~)

Tr.: Assemble! Ss: Go!

Tr.: Please sit down. → Ss: I sit down.

Tr.: Look at me. → Ss: Look at you.

Tr.: 今天的團體挑戰賽, The winner is Team ___! → Ss(Team ___):
Yeah! Hurray!

Tr.: 目前的總積分是 Team _____ has _____ points. Team _____ has
_____ points. Keep going! 大家繼續加油囉!

(個人挑戰賽成績公布~)

Tr.: (一組一組公布成績, 成功挑戰上一次自己的紀錄者, 可先下課)

Don't forget your water bottles and clothes.

Ss.: Good bye, teacher! Good bye, everyone!

Tr.: Good bye!

(挑戰未成功者)

Tr.: Never mind! Practice more. You'll be better! Keep trying!

Tr.: Good bye, everyone!

Ss.: Good bye, teacher!

Tr.: See you next week!

能依指令
做出正確
動作及回
應, 並於
體育活動
中與團隊
成員合
作。

能聽懂指
令並適時
做出回應