

臺中市立惠文高中 健體領域 體育科目 二年級 單元教案單車騎術課程

主題名稱	單車少年- 騎術課程	教學設計者	廖添地 老師 廖文華 老師
教學對象	二年級	教學節次	2週4節/第2節

集合·排隊	<p><i>Hello everyone~ It's time for class.</i></p> <p><i>Gather around and line up , make 4 lines ,8 in each line</i></p> <p><i>Look to the center, hands up / down</i></p> <p><i>...Seriously... one more again</i></p> <p><i>Move back/go ahead 2 steps, keep away from me 2 meters</i></p>										
點名	<p><i>I am going to call the roll , who is not here? will...</i></p> <p><i>In order ,speak out your seat number and crouch down</i></p> <p><i>Speak in english...good everyone all here ...stand up</i></p>										
做操	<p><i>Spread out and Ready to warm up /space yourself quickly</i></p> <p><i>...We have to count to 10 for every motion</i></p> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td><i>Head rotation ...the other side</i></td> </tr> <tr> <td><i>arm circles ...backward</i></td> </tr> <tr> <td><i>waist rotation ...the other side</i></td> </tr> <tr> <td><i>Lunge Right foot forward ...change your foot</i></td> </tr> <tr> <td><i>Knee rotation ...the other side</i></td> </tr> <tr> <td><i>Rotate your wrist and ankles ...change your foot</i></td> </tr> <tr> <td><i>jumping jacks 30 times</i></td> </tr> <tr> <td><i>Bobby jump 5 times</i></td> </tr> <tr> <td><i>...Turn right ,follow the The first one classmate</i></td> </tr> <tr> <td><i>Jog 2 laps</i></td> </tr> </table> <p><i>...Later ...Special day, special treatment</i></p> <p><i>just 1 lap ,but must do <u>one by one</u></i></p> <p><i>~~stamp and deep breathe in/out</i></p>	<i>Head rotation ...the other side</i>	<i>arm circles ...backward</i>	<i>waist rotation ...the other side</i>	<i>Lunge Right foot forward ...change your foot</i>	<i>Knee rotation ...the other side</i>	<i>Rotate your wrist and ankles ...change your foot</i>	<i>jumping jacks 30 times</i>	<i>Bobby jump 5 times</i>	<i>...Turn right ,follow the The first one classmate</i>	<i>Jog 2 laps</i>
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<p>準備活動 ...(複習右列)+圖卡</p> <p>大家知道有以下三種號誌 把抽到的交通號誌放到正確的位置上</p>	<p><i>let's review the content of the previous/last lesson</i></p> <p>● <i>Get to know traffic signs</i></p> <p><i>There are three kind of traffic signs...</i></p> <p>1.警告標誌 <i>warning sign</i></p> <p>2.禁制標誌 <i>prohibition sign</i></p> <p>3.指示標誌 <i>instruction sign</i></p>										

Now ! find the word , match the traffic sign

*Seat number 25 ... choose a credit card ...just kidding, How can it be so good
it's Tuka/圖卡 (不是 2 台車子哦!)
why are you so serious! ~Take easy! Be happy!*

騎乘前要檢查事項

- 1. 座墊高度 *Seat height*
- 2. 胎壓 *tire pressure*
- 3. 煞車 *brake*
- 4. 變速器 *transmission*

● Check 4 parts of your bike before riding

Take a look at your

- 1. *Seat height.....too high or too low? adjust now!*
- 2. *tire pressure.....Is the tire pressure enough?*
- 3. *brakes.....Is it too tight or too loose?*
- 4. *transmission.....Can it work normally?*

*If there is a problem, **deal with it** right away/now ! immediately*

發展活動

大家會騎單車,但真正在社區馬路騎乘,仍需多練習些技術及看得懂道路的交通號誌

*Everybody can ride a bike , But really riding on the road , Still need more practices and must Understand the traffic signs ...So we will practice some biking skillsok...Let's move to the first **stop/station***

See my demonstration...1·2·3

■ 定點平衡

2 人一組,1 人在後扶助車子

■ fixed point balance

Work in pair , 1 person operation...1 person assists the bike in the back/1 person helped hold behind the bike...let your front wheel against wall



前輪靠牆

右踏板放 3 點鐘方向,站起來保持平衡
腳不著地來練習平衡感
至少維持 6 秒

Stand up on the right pedal at 3 o'clock

Keep your feet away the ground ...to practice your body balance· Last for at least 6 seconds·

1 人扶住車子平衡後再放開手讀秒·

Help your partner keep the bike balanced at first and then release your hand and start to count the seconds at the same time·

come on ,hold down ,do your best,try it again,don't give up

■ 慢速騎乘

■ slow ride



在線內騎乘,控制好車子
腳不著地,速度越慢越好

■煞車練習/前後煞都要
煞
騎乘然後加速,在底線前
剎停

◎現依照 A·B·C 三組 各自
練習 6 分鐘後依序換組

時間足夠/競賽...

1. 騎慢...比慢
二人一組 同時出發 先到
的就輸了

2. 剎車...比快
2 人一組 同時出發 比
賽先到停止線前停下

綜合活動(3 分鐘)

1. 如果你想真正騎好單
車,有空就要多練習

2. 騎乘時,手部微彎放鬆,
不要握太緊

3. 下節預告:
障礙騎乘、下樓梯及
過獨木橋的技術練習

*Ride in the line, control your bike and speed without touching the
ground, the slower the better*

■ Brakes practicing

*Riding and speed up ...then stop
before the baseline*



Let's have a competition

*Let's have a competition in groups of two. Two players
start to ride a bike at the same time and the slower one
to arrive the finish line is the winner.*

*ompete in the group of two. Two riders start the mission
at the same time and the one who stop in front of the
finish line first is the winner.*

All right. Time is up. Gather around and ...sit down.

1. *If you want to really ride a good bike ...Try to practice
riding a bike as more as possible./Practice more when you
have time.*

2. *Don't hold the handle too tightly and remember to
make your arms bent slightly while riding.*

3. *Preview the next class:*

*the practices of obstruct riding, up-down stairs riding
and single-plank bridge riding.*

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