


主題名稱	獨輪車騎乘原理與騎乘技巧	教學設計者	沉浸式英語教學群
教學對象	四年級	教學節次	4 節課(40 分鐘/每節)
相對應 學習表現 文字敘述	<p>健康與體育</p> <p>1c-II-1 認識身體活動的動作技能。</p> <p>1c-II-2 認識身體活動的傷害和防護概念。</p> <p>1d-II-1 認識動作技能概念與動作練習的策略。</p> <p>2c-II-3 表現主動參與、樂於嘗試的學習態度。</p> <p>3b-II-1 透過模仿學習，表現基本的自我調適技能。</p> <p>3c-II-2 透過身體活動，探索運動潛能與表現正確的身體活動。</p> <p>英語文</p> <p>◎1-II-7 能聽懂課堂中所學的字詞。</p> <p>◎1-II-8 能聽懂簡易的教室用語。</p> <p>◎1-II-9 能聽懂簡易的日常生活用語。</p> <p>◎2-II-3 能說出課堂中所學的字詞。</p> <p>◎2-II-4 能使用簡易的教室用語。</p> <p>◎2-II-5 能使用簡易的日常生活用語。</p>		
學習目標	<ol style="list-style-type: none"> 1. 了解獨輪車各部件名稱及獨輪車平衡不倒的原理。 2. 能正確上下車及以正確姿勢踩踏。 3. 正確操作獨輪車各部件並掌握騎乘技巧。 		
教學方法	影片欣賞、實作教學、合作學習法		
英語學習 內容 content vocabulary / sentences patterns	<p><u>內容單字</u></p> <ol style="list-style-type: none"> 1. Unicycle: saddle/ seat handle/ seat post clamp/ frame/ hub/ rim/peddle/ crank/ tire 2. Safety gear: helmet/ gloves/ brace/elbow pads/ knee pads 3. Environment: fence/ railing/ wall 4. Verb: choose/ wear/ find/ hold/ mount/ ride/ turn/ dismount <p><u>內容句子</u></p> <ol style="list-style-type: none"> 1. Choose a unicycle of the right size. 2. Put on a helmet. 3. Wear the braces/elbow pads/ knee pads. 4. Lean the wheel against the wall. 5. Hold the handrail (with one hand). 6. Hold the seat handle (with the other hand). 7. Step on the low/high pedal. 8. Sit straddling the saddle. 		

教學用語

1. Be quiet, please.
2. Pay attention, please.
3. Listen carefully.
4. Let's watch a video (about riding a unicycle).
5. Here are the parts of a unicycle.
6. Listen and say the words.
7. Listen and match/number.
8. Which one is right?
9. Safety first.
10. (Please) Follow the direction
11. Step by step.
12. Two people in a group.
13. Sit up straight.
14. Don't look at the ground.
15. Keep balance.
16. Practice together.
17. Help each other.
18. Try it again.
19. Don't be afraid.
20. You did very well.

教學活動	教學時間	教學資源	評量方式
<p style="text-align: center;">活動一 認識獨輪車</p> <p>一、教學準備</p> <p>器材設備：相關影片、播放影音設備和一台獨輪車</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>教學用語：1. Be quiet, please. 2. Pay attention, please. 3. Listen carefully. 4. Let's watch a video (about riding a unicycle).</p> </div> <p>二、引起動機：播放本校獨輪車表演影片。</p> <p>三、發展活動：</p> <p>(一) 由教師簡單說明獨輪車各部件的名稱及用處，並說明獨輪車動力傳輸及平衡不倒的原理。</p> <p>(二) 識別獨輪車的各部位</p> <ol style="list-style-type: none"> 1. 利用 PPT 介紹獨輪車各部位和英語單字。 2. 播放各部位的發音，請學生聽發音去找單字。 3. 將獨輪車圖片做成拆解後的圖片。 4. 播放單字，請學生找出該單字代表的部件圖片。 5. 請學生說出單字，將圖片一一放回正確的位置。 <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>內容單字：unicycle/ saddle/ seat handle/ seat post clamp/ frame/ hub/ rim/peddle/ crank/ tire</p> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Here are the parts of a unicycle. 2. Listen and say the words. 3. Let's listen and match. 4. Let's play the puzzle. 5. Which one is right? </div>  <p>四、統整活動：</p> <p>引導學童分享活動過程中的感受，並分組表現的方式以英語單字介紹獨輪車各部位。</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>教學用語：1. It's your turn to introduce a unicycle. 2. Two people in a group. 3. Please practice together. 4. Please introduce each part of a unicycle.</p> </div>	<p>5mins</p> <p>10mins</p> <p>15mins</p> <p>10mins</p>	<p>影片 獨輪車 PPT 圖片 獨輪車拼圖 英語字卡</p>	<p>態度評量 觀察檢核 操作評量 行為檢核 口語評量</p> <p>態度評量 觀察檢核 操作評量 行為檢核 口語評量</p>

<h2 style="text-align: center;">活動二 騎乘獨輪車的安全措施</h2> <th data-bbox="979 98 1102 181"></th> <th data-bbox="1102 98 1275 181"></th> <th data-bbox="1275 98 1487 181"></th>				
<p>一、教學準備：</p> <ol style="list-style-type: none"> 1. 相關影片及影音設備。 2. 教師準備頭盔、護腕、護膝、護肘。 <p>二、引起動機：</p> <p>播放事先準備的影片及 PPT 與學生討論騎獨輪車前應該做到的安全措施。</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Please pay attention. 2. Let's watch this video. 3. We're going to talk about it later. </div>	5mins	影片 播放設備 獨輪車 安全護具 扶桿 扶架 練習牆	態度評量 觀察檢核 操作評量 行為檢核 口語評量	
<p>三、發展活動：</p> <p>(一) 教師解說各種獨輪車安全護具，並說明穿戴方式。</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>內容單字：wear/ put on/ helmet/ gloves/ braces/ elbow pads/ knee pads/ safe/ safety/ buckle up</p> <p>內容句子：</p> <ol style="list-style-type: none"> 1. Put your helmet on. 2. Buckle up the helmet. 3. Wear the braces/ elbow pads/ knee pads. 4. Would you please do me a faaor? 5. Let me help you. </div>	10mins			
<p>(二) 學生穿戴獨輪車安全護具，並由教師從旁指導。</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Before riding a unicycle, check if you're wearing safety gear. 2. Safety first. 3. (Please) Follow the directions. 4. Step by step. 5. If you need assistance, please let me know. </div>	15mins			
<p>四、統整活動：</p> <p>引導學童分享活動過程中的感受，及如何達到指定動作、完成任務。</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>教學用語：1. Two people in pair. 2. Take turns showing the safety gear worn. 3. Please practice in pair. 4. You did very well.</p> </div>	10mins			

<p style="text-align: center;">活動三 正確的騎乘姿勢</p> <p>一、教學準備：</p> <ol style="list-style-type: none"> 1. 學生做好暖身運動，佩戴頭盔、護腕、護膝、護肘。 2. 安全平坦的開放式練習場地，本校有獨輪車專用的練習扶桿、扶架、練習牆。 <p>二、引起動機：</p> <ol style="list-style-type: none"> 1. 每個學生選定搭配身高的獨輪車。 2. 引導學生檢查獨輪車的輪胎及各部位是否功能正常。 <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Check tires. 2. Check unicycles. 3. If you need help, please let me know. </div>	5mins	獨輪車 安全護具 扶桿 扶架 練習牆	態度評量 觀察檢核 操作評量 行為檢核 口語評量
<p>三、發展活動：</p> <p>(一) 由導生示範正確上下車姿勢並由教師解說原理，再請學生練習，教師從旁指導。</p> <div style="border: 1px solid black; padding: 5px; margin: 5px 0;"> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Please pay attention. I'll show you step by step. 2. Time for you to practice. <p>內容單字：get on, get off, walls, railings, right foot, left foot, both feet, pedal, rim, balance, ride forward, sit up, look ahead</p> <p>內容句子：</p> <ol style="list-style-type: none"> 1. Let's learn to get on the unicycle. 2. Find a wall or a railing. 3. Hold it as an aid. 4. Support the ground with your preferred right(left) foot 5. Place the other foot on the pedal. 6. And both feet step on the pedals after it is steable. 7. Get off the unicycle. 8. Hold the front end of the saddle with your right hand. 9. Get your body's center of gravity downward. 10. And get off the unicycle from the back of it. 11. Practice a few more times until you are good at it. 12. Or just jump off before crashing. </div>	15mins		態度評量 觀察檢核 操作評量 行為檢核 口語評量

<p>(二) 能夠正確下車後，導生再示範正確踩踏姿勢及踩踏位置，學生練習後並由教師協助將坐墊調整至適當高度。</p> <p>(三) 原地練習</p> <p>教學用語：</p> <ol style="list-style-type: none"> 1. Please lean on the railing and get on the unicycle. 2. Sit up and look ahead. 3. Slowly find the sense of balance. 4. Ride half a rim forward and then stop. 5. When you are better balanced, you can ride forward more. 	15mins	獨輪車 安全護具 扶桿 扶架 練習牆	態度評量 觀察檢核 操作評量 行為檢核 口語評量
<p>四、統整活動：</p> <p>引導學童分享活動過程中的感受，及如何達到指定動作、完成任務。</p> <p>教學用語：</p> <ol style="list-style-type: none"> 1. How do you feel about today's class? I feel happy/ nervous/ excited. It's interesting/ boring. 2. Can you get on and get off the unicycle? Yes, I can./ No, I can't. 3. Can you ride forward on a unicycle? Yes, I can./ No, I can't. 4. How far can you ride? I can ride ___ rims forward. 	5mins		
<p style="text-align: center;">活動四 正確的騎乘技巧與掌握平衡感</p> <p>一、教學準備：</p> <ol style="list-style-type: none"> 1. 學生做好暖身運動，佩戴頭盔、護腕、護膝、護肘。 2. 安全平坦的開放式練習場地，本校有獨輪車專用的練習扶桿、扶架、練習牆。 3. 檢查輪胎及獨輪車各部件是否功能良好。 <p>二、引起動機：</p> <ol style="list-style-type: none"> 1. 先複習上下車的動作。 2. 請學生練習上下車動作與扶桿騎行。 	5mins	獨輪車 安全護具 扶桿 扶架 練習牆	態度評量 觀察檢核 操作評量 行為檢核 口語評量

<p>教學用語：</p> <ol style="list-style-type: none"> 1. Check whether the tires are in good condition. 2. Check whether all parts are working normally. 3. Please put the safety gear on. 4. Now practice getting on and off the unicycle. 			
<p>三、發展活動：</p> <p>(一) 平衡練習：試著不扶桿騎行，練習左右平衡。</p>	15mins		
<p>內容單字：get on, get off, railing, pedal, gravity, lean forward, balance</p> <p>內容句子：</p> <ol style="list-style-type: none"> 1. Do not hold the railing. 2. Press down the center of gravity of your body. 3. Lean forward slightly when you step on the pedals. 4. This help you gain balance. 		<p>獨輪車 安全護具 扶桿 扶架 練習牆 平坦空地 畫線跑道</p>	<p>態度評量 觀察檢核 操作評量 行為檢核 口語評量</p>
<p>(二) 騎慢比賽：在固定的距離與寬度下，請學生 2~4 個一組，進行騎慢比賽，超出界線或腳著地即算輸，最慢到達終點者獲勝，以遊戲進行騎乘平衡練習。</p>	15mins		
<p>教學用語：</p> <ol style="list-style-type: none"> 1. 2 to 4 people in a group. 2. Ride forward slowly and keep balanced. 3. If you go beyond the bounds or touch the ground, you'll lose. 4. _____ is the slowest, _____ wins. 			
<p>四、統整活動：</p> <p>引導學童分享活動過程中的感受，及如何達到指定動作、完成任務。</p>	5 mins		
<p>教學用語：1. How do you feel about today's class? I feel happy/ nervous/ excited. It's interesting/ boring.</p> <ol style="list-style-type: none"> 2. Can you balance well on a unicycle? Yes, I can. No, I can't. 3. You did very well. 4. Practice more, and you will make it. 			