主題名稱		主題二	跳	跳繩					
教學對象		二年級		教學者	簡愛敏	第三節 (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 1c-I-1 認識身體活動的基本動作。 2d-I-1 專注觀賞他人的動作表現。 3c-I-1 表現基本動作與模仿的能力。 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。 								
	學內容								
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。 (五)能在引導下自信的表現身體活動。 							
	語言學習目標	一、能聽懂: (一)、目標字詞 1. 身體部位:head, neck, wrists, ankles, knees, shoulders, arms, hands, waist 2. 動作: exercise, rotate, run, jump, jump rope, march, hold up, assemble, spread 3. 其他: jumping jacks, forward, backward, traffic cone, rope, handle (二)、目標句型 1. Hang the jump rope around your neck. 2. Jump times. 3. Rotate your 二、課室用語 1. Good morning. 2. Look at me. Listen to me. 3. Who's not here? 4. Check your clothes and shoes. 5. Do you have a jump rope now? 6. Sit down. /Stand up.							

	7. Are you ready? 8. Put your water bottles and jump ropes on these/those tables. * 學生需要會說 1. "Yes!" 2. "No!" 3. "Good morning." 4. "Listen to you. 5. "Look at you. 6. "Thank you. 7. "I sit down." 8. "I stand up." 9. count from 1~25 10. "Goodbye!"						
教材來源	翰林書局、自編						
先備知識	學生已在第一、二節練習過 (1)頭上迴旋 (2)側迴旋(左右換手) (3)交叉迴旋(慣用手) (4)掛局迴旋 (5)水平迴旋跳-向地上甩繩(個人跳) (6)水平迴旋跳-頭上甩繩(兩人一組)						
数學活動及 步 驟 数目 評量							

		教具	評量
一、準備活 T: It's c 簡老的 T: Put you asser T: Who's here T: Check T: Do yo	b跳(三)(40分鐘) 動:暖身操 lass time. Good morning, Class> Ss: Good morning, 句. our water bottle s and jump rope s on the table and mble on the basketball court. s not here? -> Ss: Everyone is here./ No is not	跳繩	能聽懂指 令並適時 做出回應
T:成做操	隊形散開, Spread out! -> Ss: 散! are the warm-up teachers today? Come to the front,		
T: Rotat T: Rotat T: What T: Rotat	cise your head and neck. Te your head and neck. Te your wrists and ankles. T's next?/ Next one is? The your knees. The and up.		

- T: Now we move to shoulders and arms.
- T: Push front and up.
- T: Small arm circles. Big arm circles.
- T: Give me a big hand.
- T: Move to the waist.
- T: Next one, bend your back forward and backward.
- T: Exercise your legs.
- T: Change side.
- T: Please stand up. Run in place.

Run 50 steps twice. Round 1. Round 2.

- T: Do jumping jacks. How many times?
- T: March in place. Breathe in. Breathe out.
- T: Hold up your knees.

做操結束~

- T: Please give them a big hand.(掌聲兩百下)
- S: Thank you. -> Ss: You're welcome!
- 二、發展活動:跑步跳 (Jump Rope and Run)
- 1.教師示範跑步跳方式
 - T: Get your jump rope and hang around your neck. Then assemble here!
 - T: Sit down .-> Ss: I sit down.
 - T: Listen to me. ->Ss: Listen to you.
 - T: Let's jump rope and run.

Take your rope.->Open your arms.-> Do big arm circles. ->Run over the rope to the finish line.

- 2.學生分組練習跑步跳
 - T: You're divided into four lines.
 - T: When you hear the whistle, please jump rope and run to the finish line. Then walk back to your team.
 - T: Do you understand?
 - T: Let's review it.
 - T: When you hear the whistle, you run from the start line to the finish line.
 - T: When you're done, walk back to your team.
 - T: Ready? Go!
- 三、綜合活動:跑步跳折返練習(shuttle jump rope and run)
 - T: Assemble! Sit down .-> Ss: I sit down.
 - T: Listen to me. ->Ss: Listen to you.
 - T: Form four lines and do the shuttle jump rope and run.
 - T: Listen to the whistle and run from the start line to the traffic cone, then run around it and back to the start line.
 - T: Let's practice and try your best.

(Ss practice shuttle jump rope and run)

T: Assemble! Sit down.-> Ss: I sit down.

能認真完 成暖身操

能專心聽 講並依指 令完成指 定動作

能專心聽 講並依指 令完成指 定動作

T: Listen to me. ->Ss: Listen to you. T: Now let's play a game. Let's see who finishes first? The winner can get one point. T: Ready? Go! T: Assemble! Please sit down. -> Ss: I sit down. 能依指令 做出正確 T: Look at me. ->Ss: Look at you. 動作及回 T: Let's check the points. 應,並於 T: Team __ gets __ points. Team __ gets __points. 體育活動 T: So the winner is Team __!-> Ss(Team __): Yeah! Hurray! 中與團隊 T: Class dismissed! 成員合 T: Please get your water bottles and jackets, and then gather 作。 outside (at the corridor). T: Everybody did a great job today. See you next time! -> Ss: Good

bye, 簡老師!

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