

宜蘭縣宜蘭市黎明國民小學  
110 學年度沉浸式英語教學特色學校試辦計畫

健體領域 體育科目 二年級上學期 課程計畫總表

教案設計		簡雯敏	英語協助	謝慧縈、周儀、陳嘉貴	對象	二年級		
					總節數	40		
週	主題		108 領綱核心素養		學習重點			
第 01~04 週	<b>主題一 集會及熱身口令</b> 第 1 週 體育隊型及行進 第 2 週 朝會六口令 第 3 週 熱身操 第 4 週 複習及考試		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-A2 具備探索身體活動的能力，並透過體驗與實踐，處理日常生活中運動的問題。 健體-E-B1 具備運用體育之相關符號知能，能以同理心應用在生活中的運動與人際溝通上。 健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。		<b>學習表現：</b> 1c-I-1 認識身體活動的基本動作。 1c-I-2 認識基本的運動常識。 2c-I-1 表現尊重的團體互動行為。 2c-I-2 表現認真參與的學習態度 2d-I-1 專注觀賞他人的動作表現。 3c-I-2 表現安全的身體活動行為。 3d-I-1 應用基本動作常識，處理練習或遊戲問題。 4c-I-2 選擇適合個人的身體活動。 4d-I-1 願意從事規律身體活動。			
第 5~10 週	<b>主題二 跳繩</b> 第 5-6 週 我是西部牛仔 第 7 週 +折返跑 第 8 週 無繩跳+接力賽 第 9-10 週 一跳一迴旋+跳繩測試				<b>學習內容：</b> Ab-I-1 體適能遊戲。 Bc-I-1 各項暖身伸展動作 Cb-I-1 運動安全常識、運動對身體健康的益處。 Cb-I-2 班級體育活動。 Cb-I-3 學校運動活動空間與場域。 Fa-I-2 與家人及朋友和諧相處的方式。 Ga-I-1 走、跑、跳與投擲遊戲。 Ha-I-1 跳繩運動相關的簡易動作之手眼動作協調、力量及準確性。			
第 11~15 週	<b>主題三 飛盤</b> 第 11~12 週 飛盤基本動作 第 13~14 週 反手投擲飛盤 第 15 週 飛盤擲遠測試							
第 16 週	<b>主題四 班際體育競賽</b> 第 16 週 班際競賽—跳繩							
第 17~20 週	<b>主題五 滾球及拍球</b> 第 17 週 我是滾球王 第 18 週 穿越叢林 第 19 週 拍球要領 第 20 週 拍球							



**二年級英語融入健體領域體育課教學之教學設計與評量-主題五:拍球  
課程計畫**

Class Period 節數	Topic 主題	Learning Goals 教學重點	Teaching Aids 教學資源	Activities 活動
第一節	原地拍球、 拍球前行	1.拍球要領 2. Bounce the ball in place. 3. Bounce the ball and go forward.	-排球數個 -Traffic cone 數個	-練習原地拍球 -練習拍球前行 -拍球前行折返練習
第二節	拍球側行、 拍球後行	1.拍球要領 2. Bounce the ball and walk sideways. 3. Bounce the ball and go backward.	-排球數個 -Traffic cone 數個	-複習原地拍球 -練習拍球後行 -練習拍球側行 -拍球側行及後行折返練習
第三節	原地拍球、 拍球前行、 拍球側行、 拍球後行	1.拍球要領 2. Bounce the ball in place. 3. Bounce the ball and go forward. 4. Bounce the ball and walk sideways. 5. Bounce the ball and go backward.	-排球數個 -Traffic cone 數個	-複習原地拍球 -複習拍球前行 -複習拍球後行 -複習拍球側行 -拍球前行、側行、後行折返練習
第四節	拍球繞圈	1.拍球要領 2. Bounce the ball and walk in circles.	-排球數個 -Traffic cone 數個 -呼拉圈數個	-練習拍球繞圈 -拍球前行、側行、後行折返練習
第五節	拍球 S形前進	1.拍球要領 2. Bounce the ball and walk in an S-shape.	-排球數個 -Traffic cone 數個	-練習拍球 S 形前進 -拍球 S 形前進折返練習


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本次  
課程

二年級英語融入健體領域體育課教學之教學設計與評量-主題五

<b>主題名稱</b>		拍球	<b>教學設計者</b>	簡雯敏老師
<b>教學對象</b>		二年級	<b>教學節次</b>	第三節(共五節)
<b>領綱 核心素養指標</b>		<p>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。</p> <p>健體-E-A2 具備探索身體活動的能力，並透過體驗與實踐，處理日常生活中運動的問題。</p> <p>健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。</p>		
<b>領綱 學習 重點</b>	<b>學習 表現</b>	<p>1c- I -1 認識身體活動的基本動作。</p> <p>2c- I -1 表現尊重的團體互動行為。</p> <p>2c- I -2 表現認真參與的學習態度</p> <p>2d- I -1 專注觀賞他人的動作表現。</p> <p>3c- I -1 表現基本動作與模仿的能力。</p> <p>3c- I -2 表現安全的身體活動行為。</p>		
	<b>學習 內容</b>	<p>Ab- I -1 體適能遊戲。</p> <p>Bc- I -1 各項暖身伸展動作。</p> <p>Cb- I -2 班級體育活動。</p> <p>Hb- 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。</p>		
<b>教學方法</b>		實作教學、遊戲教學		
<b>先備語言知識 Prior Language Learning</b>		<p>1. 學生已能聽說暖身操英文語句。</p> <p>(1) Lineup formation: Spread out. / Center, hands up! / Look at the center. / Look forward. / Hands forward. / Hands down. / Assemble. / Stand up. / Sit down. / Line up.</p> <p>(2) Warm-up: Number _____. / Tilt the head. / Rotate wrists and ankles. / Rotate knees. / Squat down and stand up. / Arms push forward and up. / Small arm circles. / Big arm circles. / Give you a big hand. / Twist the waist. / Bend back forward and backward. / Lunge. / The head touches your toes and close your body. / Bend and straighten the legs. / Run in place. / Jumping Jacks. / March in place. / Hold up my knees. / Breathe in and breathe out. / Switch.</p> <p>2. 學生已能聽懂以下拍球基本動作指令，並正確做出動作。</p> <p>(1) Bounce the ball.</p> <p>(2) Look at the ball.</p> <p>(3) Bounce the ball and go forward.</p> <p>(4) Bounce the ball and walk sideways.</p> <p>(5) Bounce the ball and go backward.</p> <p>3. 學生已能聽懂以下團隊拍球遊戲指令，並正確做出動作。</p> <p>(1) This is the starting line.</p> <p>(2) Bounce the ball and go forward/backward to the traffic cone.</p> <p>(3) Bounce the ball and walk sideways to the traffic cone.</p> <p>(4) Go back to the starting line.</p> <p>(5) Round 1/2.</p> <p>(6) Ready? Go.</p> <p>4. 學生已能聽懂以下滾球基本動作指令，並正確做出動作。</p> <p>(1) Roll the ball.</p>		

	<p>(2) Catch the ball.  (3) Knees/hips down.  5. 學生已能聽懂以下常用課室用語，並正確做出動作或回應。  (1) Greeting: Good morning/afternoon. / Goodbye.  (2) Roll call: Is everybody here? / Who's not here? Why is he/she not here?  (3) Classroom rules: Check your sportswear and sneakers. / Quiet, please. / Louder, please.  (4) Compliments: Good. / Good job. / Great! / Nice. / Well-done. / Give them a big hand.  (5) Others: Wait. / You have ___ seconds. / Are you Ready? / Time's up. / Let's hooray! / (A number) students in a team. / Team ___ gets ___ points. / Follow me. / Attention. / Come here./ Your turn. / My turn.</p>	
<p>目標英語 Targeted Language</p>	<p>Language of Learning</p>	<ol style="list-style-type: none"> <li>1. Bounce the ball in place</li> <li>2. Bounce the ball for ___ times.</li> <li>3. Bounce the ball and go forward/walk sideways/go backward.</li> </ol>
	<p>Language for Learning</p>	<ol style="list-style-type: none"> <li>1. You pair up.</li> <li>2. Look at the ball.</li> <li>3. Roll the ball.</li> <li>4. Catch the ball.</li> <li>5. Pass the ball.</li> <li>6. Let's do 2 rounds.</li> <li>7. ___ students in a team/line.</li> <li>8. Stand behind starting/gray/white line.</li> <li>9. Bounce the ball and go forward/walk sideways/go backward (to the traffic cone).</li> </ol>
	<p>Language through Learning</p>	<ol style="list-style-type: none"> <li>1. Good morning.</li> <li>2. Is everybody here?</li> <li>3. Who is not here?</li> <li>4. Why is he/she not here?</li> <li>5. Check your sportswear and sneakers.</li> <li>6. Do you have a _____?</li> <li>7. Thank you.</li> <li>8. You're welcome.</li> <li>9. Here.</li> <li>10. Assemble (here)!</li> <li>11. Stand up. / Sit down.</li> <li>12. Listen to you/me.</li> <li>13. Your/My turn.</li> <li>14. Are you ready? Yes, I am ready.</li> <li>15. Hooray!</li> <li>16. Give them a big hand.</li> <li>17. Good job.</li> <li>18. The class is over.</li> <li>19. Don't forget your water bottles and clothes.</li> <li>20. Goodbye.</li> </ol>
<p>學習目標</p>	<ol style="list-style-type: none"> <li>1. 學生能掌握拍球四要領，進行原地拍球的動作。</li> <li>2. 學生能控制球的行進方向，進行拍球前行、後行、側行的動作。</li> </ol>	

教學活動	教具	評量
<p style="text-align: center;">&lt;第三節&gt;</p> <p>一、準備活動 (10 分鐘)</p> <p>1. 跳繩暖身。</p> <p>T: Let's jump rope in place for 100 times. When you finish, please put your jump rope on the tables. Are you ready?</p> <p>Ss: Yes. On my mark. Get set.</p> <p>T: (Blow the whistle.)</p> <p>2. 師生問候。</p> <p>T: Good morning.</p> <p>Ss: Good morning.</p> <p>T: Is everybody here? / Who is not here? / Why is he/she not here?</p> <p>T: Check your sportswear and sneakers.</p> <p>T: Do you have a jump rope?</p> <p>Ss: Yes, I have a jump rope.</p> <p>3. 師生做暖身操。</p> <p>T: Everyone! Ss: Here!</p> <p>T: Spread out! Ss: Go!</p> <p>T: Center! Ss: Hands up!</p> <p>T: Look at the center. Ss: Hands forward.</p> <p>T: Look forward. Ss: Hands down.</p> <p>T: Who are the warm-up teachers today? Please hands up.</p> <p>T: Today boys say 1,2,3,4, so girls say? Ss: 5,6,7,8.</p> <p>T: Number 1 is? T+Ss: Tilt the head.</p> <p>T: Number 2? T+Ss: Rotate wrists and ankles.</p> <p>T: Number 3? T+Ss: Rotate knees.</p> <p>T: Number 4? T+Ss: Squat down and stand up.</p> <p>T: Number 5? T+Ss: Arms push forward and up.</p> <p>T: Number 6? T+Ss: Small arm circles.</p> <p>T: Number 7? T+Ss: Big arm circles.</p> <p>T: Number 8? T+Ss: Give you a big hand.</p> <p>T: Number 9? T+Ss: Twist the waist.</p> <p>T: Number 10? T+Ss: Bend back forward and backward.</p> <p>T: Number 11? T+Ss: Lunge.</p> <p>T: Number 12? T+Ss: The head touches toes and close your body.</p> <p>T: Number 13? T+Ss: Straighten and bend the legs.</p> <p>T: Stop. Change sides.</p> <p>T: Number 14? T+Ss: Run in place. T: How many steps? S: 70.</p> <p>T: You have 2 rounds. Round 1, you count. Go! Round 2, I count. Go!</p> <p>T: Number 15? T+Ss: Jumping Jacks. T: How many times? S: 30.</p> <p>T: Number 16? T+Ss: March in place.</p> <p>T: Number 17? T+Ss: Hold up knees.</p> <p>T: Number 18? T+Ss: Breathe in and breathe out.</p> <p>T: Everyone! Ss: Here!</p> <p>T: Assemble! Ss: Go!</p> <p>T: Today's warm-up teachers are Teacher ____and Teacher _____. Give them a big hand.</p> <p>S1&amp;2: Thank you. Ss: You're welcome!</p>	<p>跳繩 數份</p>	<p>學生能聽懂英文指令並以英文回應，做出正確的跳繩動作。</p> <p>學生能聽懂英文指令並以英文回應，做出正確的暖身操動作。</p>

<p><b>二、發展活動 (15 分鐘)</b></p> <p>1. 教師解說，複習拍球四要領：</p> <p>(1) 手臂出力手指頭拍球。</p> <p>(2) 膝蓋彎曲，重心放低。</p> <p>(3) 手向前擺在腰部高度。</p> <p>(4) 眼睛注視球。</p> <p>T: Assemble here! Sit down. Ss: I sit down. T: Listen to me. Ss: Listen to you. T: Do you remember how to bounce the ball? T: There are 4 points to bounce the ball. Point 1: Use your fingers and arms to bounce the ball. Point 2: Bend your knees (Ss: Knees down) and lower your hips (Ss: Hips down). Point 3: Move your hands forward about your waist height. Point 4: Look at the ball.</p> <p>2. 學生兩人一組，進行拍球練習。</p> <p>(1) 練習原地拍球之基本動作。</p> <p>T: Now, let's bounce the ball in place. You pair up. One of you bounce the ball in place for 20 times and you count together. When you finish, you say, "your turn," and roll the ball to him or her. And the other student catches the ball and say, "my turn." Let's do 2 rounds.</p> <p>(2) 練習拍球前進之基本動作：①拍球前行 ②拍球側行 ③拍球後行</p> <p>T: Assemble here! Sit down. Ss: I sit down. T: Listen to me. Ss: Listen to you. T: Now 4 students in a team. 2 students stand behind the gray line and 2 students stand behind the white line. Please bounce the ball and go forward/walk sideways/go backward. T: Are you ready? Ss: Yes, I am ready! T: (Blow the whistle.)</p>	<p>排球 數個</p> <p>排球 數個</p>	<p>學生能以四要領做出原地拍球動作。</p> <p>學生能以四要領做出原地拍球動作。</p> <p>學生能以正確的拍球動作前行、側行及後行。</p>
<p><b>三、綜合活動(15 分鐘)</b></p> <p>1. 進行團體接力賽，四人一組進行，去程以「拍球後行」前進，於紅線處換成「拍球側行」，於折返點 traffic cone 處再換成「拍球前行」，至起點線與下一棒交接。</p> <div style="text-align: center;">  <p>(the starting line)                      (the red line)                      (折返點)</p> </div> <p>T: Assemble here! 4 students in a line. Stand behind the starting line. You bounce the ball and go backward to the red line. Then walk</p>	<p>排球 數個</p> <p>Traffic</p>	<p>學生能與同儕合作，以正確的拍球動作後行、側行</p>

<p>sideways to the traffic cone. Go forward to the starting line. Pass the ball to your teammate.</p> <p>T: (Game over.) The winner is _____.</p> <p>Ss: Hooray!</p> <p>T: Give them a big hand!</p> <p>Ss: Good job!</p> <p>2. 教師進行課堂總結，澄清拍球與運球的差異。</p> <p>T: Today we learn to bounce the ball in place and walk sideways, and?</p> <p>Ss: go forward and go backward.</p> <p>T: We bounce the ball in place, but, when we bounce the ball and go forward, go backward, and walk sideways, we dribble the ball. Look! (Teacher's demonstration) Bounce the ball or dribble the ball?</p> <p>Ss: Bounce the ball. / Dribble the ball.</p> <p>T: Please put the balls back into the basket.</p> <p>T: The class is over. Don't forget your water bottles and clothes.</p> <p>Ss: Goodbye, teachers!</p> <p>T: Goodbye!</p>	<p>cone 數個</p>	<p>並以前行 折返。</p>
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