

雙語體育教學分享

低年級60公尺短跑

西門國小 黃厚源 SEP 24, 2020

教學活動設計與教學策略

課程：低年級60公尺短跑

目的：讓低年級學生可以完成60公尺測驗

學習表現：

- 可以跑直線 Run straight
- 可以過終點後減速 Slow down
- 可以抬頭看前面 Look up
- 可以不踩線 Behind the line

Run straight:

- Ss learn what is straight and what is not, ie. curved, s-shaped.
- Ss run 5 meters straight and have to cross the finish line.
- Ss come back to lines following a certain route to make the runway clean.
- Ss may run 5 meters straight with obstacles.



Note:

- Use “staying centered in your lane like driving” as an analogy.
- Stand behind the finish line to give hi-fives to make ss keep going after the line.
- Control at the finish line. When ss follow well, control at the starting line and quicken the pace.
- Repeat “run straight” at the finish line.



教學活動示範

Slow down:

- Ss learn running in place fast and slow.
- Ss watch the teacher running over the finish line and slow down, or have ss demonstrate.
- Ss run 5 meters and slow down after the finish line.



Note:

- Tell ss slowing down makes the record counts.
- Tell ss to give a high-five gently to make them slow down.
- Repeat "slow down" at the finish line.



教學活動操作

Look up

How do you teach ss keep looking up while running?



我的問題

- 活動看起來不有趣
- 要教體育還是教英文
- 家長與學校期待
- 班級經營



討論時間

- 學科及雙語兼顧的方法
- 學生英文程度不一，如何協助引導學習
- 中英文轉換的時機以及使用比例
- 與外師協同的分配



結語

- Busy, good, happy
- Motivation- Self-Determined Theory
- Physical literacy comes first
- CLIL- Content, Communication, Cognition, Culture