



Immersion teaching for PE class

台南市東興國小

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Problem

根據什麼課程架構？



Solution

- 以體適能為出發點設計相關活動。
- 球類運動以遊戲化設計為前提。



Problem

如何準備課程？



Solution

- 時間(找資料)
- 討論(共備)
- 學習(自我成長)



Problem

如何讓學生開口？



Solution

- 簡化動作教學內容的英文說明
- 重複性

Table of Contents!



warm-ups

physical fitness activities

(based on agility, speed, strength ,
coordination)



volleyball & badminton

body development

Teaching demo

A spiral-bound notebook with a white page and a red cover is centered on a green background. The page features a green circular arrow icon with the number '01' inside it. Below the icon, the text 'warm-ups' is written in a bold, dark red font. On the left side of the page, there are two horizontal rectangular tabs: a yellow one on top and a light red one below it. The spiral binding is visible at the top of the page.

01

warm-ups

Agility ladder

- forward
- backward
- lateral
- shuffle
- skip
- crawl



說明

Active warm-up

- paddle
- push-ups
- plank
- lateral jump
- shuffle
- squat
- times
- second



Shuffle (20 seconds)
Push-ups (10 times)

Three steps approach

- Forward, back, up
- Left, right, left(right hander)
- Right, left, right(left hander)
- Slow to fast
- spike



Forehand swing

- Hands up
- Pivot
- snap



A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two horizontal tabs, one yellow and one pink. In the center of the page, the number '02' is written in a dark grey font, enclosed within a light green circular arrow graphic. Below the number, the words 'physical activities' are written in a bold, dark red font.

02

physical activities

Hula relay

- sprint
- walk
- jump
- hop
- vocabulary



Zombie tag

- Walk
- Skip
- Crawl
- No line jumping



Hurdle jump

- hop
- jump over



Hurdle shuffle

- Shuffle
- Turn around



Moving bridge

- Roll the ball.
- Hold and lift the hip up.
- Face up crawling.



Foam roller move

- Face up
- Crawling with the foam roller.
- Lift and hold the hip up.





03

Volleyball

Forearm pass

- Make a platform.
- Arm straight.



Set the ball

- Triangle shape.
- Receive ball.
- Forehead.



Bounce digs

- Make a platform.
- Arm straight.
- Let the ball bounce into the hula hoop.





04

Badminton

Shuttle drop

- One shuttle at a time.
- Catch.



Bucket stroke

- Forehand grip
- Backhand
- Serve
- Grip



A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two horizontal tabs, one yellow and one pink. In the center of the page, the number '05' is written in a large, black, sans-serif font, enclosed within a light green circular arrow graphic. Below the number, the text 'Body development' is written in a bold, dark red, sans-serif font.

05

Body development

Body shape

- Shapes
- Letters
- vocabulary



Find the leader

- Follow instruction.
- Move around.



A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two horizontal tabs, one yellow and one pink. In the center of the page, the number '06' is written in a dark grey font, enclosed within a light green circular arrow graphic. Below the number, the text 'Teaching demo' and 'Hula relay' is written in a bold, dark red font.

06

Teaching demo
Hula relay



體育課相關用語：

- **Spread out.**
- **Make some space.**
- **Put your foot wide apart.**
- **Put your hands out.**
- **Hold for ___ seconds.**
- **Switch**
- **On your mark**
- **Get set, go.**
- **Run-up**



- **Motor skills**
- **Problem solving**
- **Behavioral skills**

Thank
you

説明