

臺北市雙語課程單元教案設計

校名：臺北市立長安國中

單元主題 Topic	長安健身操 (Chang-An-Style Gymnastics)	融入學科領域 Subject	P.E. & 英文
教材來源 Teaching materials	No textbook, teacher-designed curriculum and materials.	教案設計者 Designer	程峻 Johnny
適用年級 Students' level	Grade 7 th	授課時間 Time	本單元共 <u>8</u> 節
教學設計理念 Design conception	<p>本單元課程結合與體育運動相關的動作，透過趣味的整合編織成一套有趣的健身操，並配合青春洋溢的動感音樂，以有氧運動的方式達到建立學生正確的運動觀念及提升健康體適能為目的。適用對象為 7~9 年級學生。教材簡單易學，結合各項體育運動項目之動作，極富創意與學習興趣。適用於一般的體育課前的熱身活動，更可用於大型表演性質的活動，推展為各校運動會的表演節目。教學上可利用 Microsoft Office PowerPoint 軟體撥放教學，動作示範影片部份另需搭配 Quick Time Player 或其他撥放軟體來執行。</p> <p>教材內容主要分為三大部分如下：一、暖身活動：踏步、弓步伸展動作 4*8 拍。二、主要活動：踏併步、舉臂游泳運動 8*8 拍、後勾腳運動 4*8 拍、V 字步運動 4*8 拍、三步抬膝運動 8*8 拍、抬膝擴胸運動 8*8 拍、麻花步打拳運動 4*8 拍、跨蹲打拳運動 4*8 拍、曼波步運動 8*8 拍、跑步開合跳運動 4*8 拍，以及划船拍手運動 4*8 拍。三、緩和活動：緩和踏步運動 4*8 拍。</p> <p>教材特色有以下五點：一、動作設計結合各類運動項目，能普遍發展學生肌(耐)力、心肺功能、協調性、柔軟度等適能，符合體育教學之基本要求。二、活動設計能針對四肢與軀幹來達到全身活動目的。三、動作簡單易學，陰陽並濟，有剛有柔，能提高男、女學生的學習興趣。四、全身性肢體的動作與節拍速率明顯的音樂相結合，動作為中度衝擊強度，全程時間長度計 4 分 30 秒，能達到每分鐘心跳率 130 下以上之有氧運動強度，對提升學生心肺訓練有顯著的效果。五、動作編排流程能符合暖身、主運動及緩和運動的次序觀念，可以培養學生正確的運動習慣。</p>		
學科核心素養對應內容 Core-competencies	總綱	A1 身心素質與自我精進 Physical and Mental Wellness and Self Advancement B1 符號運用與溝通表達 Semiotics and Expression B3 藝術涵養與美感素養 Artistic Appreciation and Aesthetic Literacy	
	領綱	健體-J-A1~身心素質與自我精進 具備體育與健康的知能與態度，展現自我運動與保健潛能，探索人性、自我價值與生命意義，並積極實踐。 健體-J-B1~符號運用與溝通表達 具備情意表達的能力，能以同理心與人溝通互動，並理解體育與保健的基本概念，應用於日常生活中。 健體-J-B3 藝術涵養與美感素養 具備審美與表現的能力，了解運動與健康在美學上的特質與表現方式，以增進生活中的豐富性與美感體驗。	
學科學習重點 Subject	學習表現	1d-IV-2 反思自己的動作技能。 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。 2d-IV-1 了解運動在美學上的特質與表現方式。	

performance & content		3c-IV-1 表現局部或全身性的身體控制能力，發展專項運動技能。			
	學習內容	I 表現類型運動~ a 體操 Ia-IV-1 徒手體操動作組合			
學生先備知識 Front-end analysis of students	1. 學科先備知識：學過健康操(國小版)，並具備體操之基本動作。 2. 英語先備知識：能以英文說出 1~8 節拍之數字及具備下列基本之英文句型： (1) It is _____. (2) I can/can't do it. (3) I want to V... (4) How to do it?				
學習目標 Learning goals	1. P.E. : (1)學生能做出整套健身操之 12 個動作，並配合音樂之節奏整體展演。 (2)學生能習得健身操專業術語之英文，並在小組練習時，嘗試運用進行溝通。 2. English : (3)學生能了解教師所使用的英語課室用語，並適切地回應。				
中文使用時機 Chinese using timing	教師 Teacher		學生 Students		
	1.以英文呈現教學內容，特別是專業術語部分，但老師於課程中可適時以中文說明，並解釋課程內容。 2.在說明活動程序時，可中、英交互運用，並解釋中、英對照意思。 3.課室用語，盡量以英文說明。		1.學生可以中文提問、回答問題及進行討論。 2.鼓勵學生能以英文提問、回答問題，並進行小組討論及分享。 3.能辨識/說出體育專業術語；或以中文說出/做出該動作。		
議題融入 Integrated issues	<input type="checkbox"/> 性別平等教育 <input type="checkbox"/> 人權教育 <input type="checkbox"/> 環境教育 <input type="checkbox"/> 海洋教育 <input type="checkbox"/> 品德教育 <input type="checkbox"/> 生命教育 <input type="checkbox"/> 法治教育 <input type="checkbox"/> 科技教育 <input type="checkbox"/> 資訊教育 <input type="checkbox"/> 能源教育 <input type="checkbox"/> 安全教育 <input type="checkbox"/> 防災教育 <input type="checkbox"/> 家庭教育 <input type="checkbox"/> 生涯規劃教育 <input type="checkbox"/> 國際教育 <input type="checkbox"/> 閱讀素養 <input type="checkbox"/> 戶外教育 <input type="checkbox"/> 原住民族教育 <input type="checkbox"/> 多元文化教育				
教學策略 Teaching strategies	※體育學科教學內容 Content 1.舊經驗類化到新技能的學習 2.動作說明與示範 3.分組合作學習 4.資訊媒材 ※英文 Language 1.Input~Use Mandarin, English, and body language to teach. And apply bilingual handouts to lead students to learn. 2.Output~Use bilingual handout, keywords puzzle game and ask many questions to encourage students to try to speak English as often as possible.				
教學資源 Teaching resources	健身操中英對照講義 handouts*36、音樂及播放音響設備*1、平板電腦*4、word-puzzles sheet*36、小獎品 4 packs of candy.				
教學流程 Teaching procedures					
教師 Teacher		學生 Students		時間	評量方式
第一節課(The first period) 一、準備活動(Warm-up) 1. Greeting & Introduction. 2. Checking attendance. 3. The beginning of the Lesson : Now, it's time to start. I am going to teach you physical education and integrate English into it this school year. I wish everyone will try to ask and answer in English as often as you can. All right? Great! 4. Motivation :		第一節課 一、準備活動 1.Students say good morning teacher Johnny. 2.P.E leader checks and answers all in here or someone absent today. 3.Students say yes, I		15 mins.	學生是否專注聆聽

<p>(1) Everybody has learned gymnastics in elementary school version. Right? Who could show it a little for us? Welcome***. All together clap your hands, please. Thank you very much!</p> <p>(2) Do you know our school has our gymnastics, too. We name it “Chang-An Style Gymnastics“. It has 12 actions in total and combines several sports gestures within it. such as swimming, dribbling & shooting in basketball, boxing, etc. How do you feel about it? Now, let’s go for it!</p> <p>二、主要活動(Presentation)</p> <p>1. 動作要領：一律以左腳先啟動；並配合左腳做或左或右邊方向之動作。老師先做一次分解的慢動作；再做一次連續動作。請同學仔細觀看！</p> <p>All action starts with your left leg and follows with the left side or right side. First, I will do it twice. Once is a slow motion, and the other is a normal speed. Then, your turn! So, please watch me out!</p> <p>2. 踏步(March)、弓箭步(Lunge)運動~ in total do 6 sets, and 8 beats/ per set. 6*8.</p> <p>(1)左腳踏步 1*8，左腳前弓步 1*8 拍。</p> <p>(2)右腳踏步 1*8，右腳前弓步 1*8 拍。</p> <p>(3)左、右腳踏步 1*8，左手斜舉 2 拍、右手斜舉 2 拍、雙手交叉胸前及觸肩各 1 拍、打開雙手拍手兩下共 1*8 拍。</p> <p>When you do the “march” and the “lunge”, at the same time, raise your hands and make the “V-shape”, then make a cross at the breast. Finally, touch your shoulders and clap hands 2 beats as I do. Is it clear? OK! Your turn!</p> <p>3. 踏併步(Step-touch)、游泳運動(Swimming) 8*8 拍。</p> <p>(1)踏併步(原地右、左)+雙手握拳前平伸 2*8 拍；踏併步(右右、左左)+雙手握拳上平舉 2*8 拍。</p> <p>(2)踏併步(原地右、左)+雙手蛙泳(Breaststroke)1*8。</p> <p>(3)踏併步(原地右、左)+單臂仰泳(Backstroke)1*8。</p> <p>(4)踏併步(右右、左左)+蛙泳 1*8 拍；仰泳 1*8 拍(右、左手各畫兩次)。</p> <p>Fist on the fist. Do hands forward and up, and then do the “breaststroke” and the “backstroke”. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1. 第一、二動作集體聯合操作二次。之後再依分組自行練習與展演。</p> <p>Practice in groups, and then groups show time.</p> <p>2. That’s today’s lesson. The class is over. See you next time. Bye-bye!</p> <p>第一節課結束(The first period dismiss.)</p>	<p>will do my best.</p> <p>4-1. Students say yes or no. And someone volunteers to show.</p> <p>4-2.Students listen to the teacher carefully.</p> <p>二、主要活動</p> <p>2. Students watch the teacher carefully. And then do the “march” and the “lunge” correctly.</p> <p>3. Students watch the teacher carefully. And then do the “step-touch” and the “swimming” correctly.</p> <p>三、總結活動</p> <p>1. Students do 1st and 2nd actions. And then practice in groups.</p> <p>第一節課結束</p>	<p>10 mins.</p> <p>10 mins.</p> <p>10 mins.</p>	<p>講解?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p> <p>學生是否能用雙語進行討論與練習?</p>
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<p style="text-align: center;">第二節課(The second period)</p> <p>一、準備活動(Warm-up)</p> <p>1. Motivation~ Q&A. Q1. What are we learning? What we name it? A : Chang-An Style Gymnastics. Q2. How many actions in total? A : It has 12 actions in total. Q3. Which leg starts in all action? A : left leg. Q4. How many beats make one set? A : 8 beats. Q5. What is the “march”? How to do it? Q6. What is the “lunge”? How to do it? Q7. How to do the “V-shape”? Q8. How to do the “cross”? Q9. What is the “step-touch”? How to do it? Q10. How to do the “breaststroke”? Q11. How to do the “backstroke”? 2. 複習上節課所學習的第一、二動作，全班集體連續操作二次。 Let's review what we learned last time, and do it twice.</p> <p>二、主要活動(Presentation)</p> <p>1. 後勾腳(Leg-curl)運動~4*8拍。 (1)後勾腳，手叉腰 2*8拍。 Put your hands on the waist and do the “leg-curl “. (2)後勾腳，手後擺 2*8拍。 Pull your arms back and do the “leg-curl”. (3)Is it clear? OK! Your turn! 2.V字步(V-step)運動~4*8拍。 (1)V字步，手叉腰 2*8拍。 Put your hands on the waist and do the “V-step”. (2)V字步，超人手(右、左)+拍手 2*8拍。 Do the superman hands gesture. (left hand up and right hand down.) 3. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1.第三、四動作集體聯合操作二次。之後再依分組自行練習第一~四連續動作與展演。 Practice in groups, and then groups show time. 2.That’s today’s lesson. The class is over. See you next time. Bye-bye! 第二節課結束(The second period dismiss.)</p>	<p style="text-align: center;">第二節課</p> <p>一、準備活動</p> <p>1.Students answer the questions and try to do it.</p> <p>2.Students review and do 1st and 2nd actions twice.</p> <p>二、主要活動</p> <p>1.Students watch the teacher carefully. And then do the “leg-curl” correctly.</p> <p>2.Students watch the teacher carefully. And do the “V-step” correctly.</p> <p>三、總結活動</p> <p>1.Students do 3 and 4 actions twice. And then practice 1st~4th actions in groups.</p> <p style="text-align: center;">第二節課結束</p> <p style="text-align: center;">第三節課</p> <p>一、準備活動</p> <p>1.Students answer the questions and try to</p>	<p style="text-align: center;">10 mins.</p> <p style="text-align: center;">10 mins.</p> <p style="text-align: center;">10 mins.</p> <p style="text-align: center;">15 mins.</p> <p style="text-align: center;">3 mins.</p>	<p>學生是否能用雙語回答問題或做出該動作?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p> <p>學生是否能用雙語進行討論與練習?</p> <p>學生是否能用雙語</p>
<p style="text-align: center;">第三節課(The third period)</p> <p>一、準備活動(Warm-up)</p> <p>1. Motivation~ Q&A. Q1. What is the “leg-curl”? How to do it? Q2. What is the “V-step”? How to do it?</p>	<p>1.Students answer the questions and try to</p>	<p style="text-align: center;">3 mins.</p>	<p>學生是否能用雙語</p>

<p>Q3. How to do the “superman hands gesture”? Q4. How to do the “pull arms back”?</p> <p>2. 複習前節課所學習的第一~四動作，全班集體連續操作二次。 Let's review what we learned last time, and do 1st~4th actions twice.</p> <p>二、主要活動(Presentation)</p> <p>1. 抬膝(Knee-up)、運球(Dribbling)、投籃(shooting)運動~8*8。</p> <p>(1)擺臂往前走三步、第四拍抬膝同時抬手拍手 1 次(前進、後退)2*8 拍，兩趟。 Walk three steps forward, then do the “knee-up” and clap hand once. And then backward, then do the “knee up” and clap hand once. 2*8 拍。</p> <p>(2)運球往前走三步、抬膝同時投籃 1 次(前進、後退). 2*8 拍，兩趟。 Dribble three steps forward, then do the “knee-up” and the “shooting”. And then backward, then do the “knee-up” and the “shooting”. 2*8.</p> <p>(3)三擺臂往前走步、第四拍抬膝 3 次同時拍手 3 次(前進、後退)2*8 拍，一趟。 Walk three steps forward, then do the “knee-up” and clap hands three times. And then backward, then do the “knee-up” and clap hands three times. 2*8.</p> <p>(4)運球往前走三步、第四拍抬膝 3 次同時投籃 3 次(前進、後退)2*8 拍，一趟。 Dribble three steps forward, then do the “knee-up” and the “shooting” three times. And then backward, then do the “knee-up” and the “shoot” three times. 2*8.</p> <p>(5) Is it clear? OK! Your turn!</p> <p>2. 抬膝(Knee-up)、擴胸(Chest-expanding)、左右擺臂(Arms-swing)運動~8*8 拍。</p> <p>(1) 抬膝，雙手擴胸 2*8 拍。 Do the “knee-up” and the “chest-expanding”. 2*8.</p> <p>(2)抬膝，雙手左右擺動 2*8 拍。 Do the “knee-up” and the “arm-swing”.(right and left)</p> <p>(3)插腰同時左、右側抬腿 2*8 拍。 Put your hands on the waist and do the “knee-up”. (right side and left side) 2*8.</p> <p>(4)前後擺臂同時左、右側抬腿 2*8 拍。 Do the “arms-swing” and the “knee-up”.(right side and left side) 2*8.</p> <p>3. 抬膝(Knee-up)、跑步擺臂(Running-arms-swing)~4*8 拍。</p> <p>(1)插腰抬膝 2*8 拍。 Put your hands on the waist and do the “knee-up”.</p>	<p>do it.</p> <p>2.Students review and do 1st~4th actions twice.</p> <p>二、主要活動</p> <p>1.Students watch the teacher carefully. And then do the “knee-up”, the “dribbling” and the “shooting” correctly.</p> <p>2. Students watch the teacher carefully. And then do the “knee-up”, the “chest-expanding” and the “arms-swing” correctly.</p>	<p>7 mins.</p> <p>10 mins.</p> <p>10 mins.</p>	<p>回答問題或做出該動作?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p>
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<p>2*8. (2)跑步擺臂抬膝 2*8 拍。 Do the “knee-up” and the “running-arms-swing”. 2*8. 4. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1.第五、六、七動作集體聯合操作二次。之後再依分組自行練習第一~七連續動作與展演。 Practice in groups, and then group show time. 2.That’s today’s lesson. The class is over. See you next time. Bye-bye! 第三節結束(The third period dismiss.)</p> <p>第四節課(The fourth period)</p> <p>一、準備活動(Warm-up)</p> <p>1. Motivation~ Q&A. Q1. What is the “knee-up”? How to do it? Q2. What is the “dribbling”? How to do it? Q3. How to do the “shooting”? How to do it? Q4. How to do the “chest-expand”? Q5. How to do the “arm-swing”? 2. 複習前節課所學習的第一~七動作，全班集體連續操作二次。 Let’s review what we learned last time, and do 1st~7th actions once.</p> <p>二、主要活動(Presentation)</p> <p>1. 麻花步(Grape-vine)、打拳(Boxing)運動~4*8 拍。 (1)麻花步左、右(旁、交叉、旁併)，手叉腰 2*8 拍，共四趟。 Put your hands on the waist, and do the “grape-vine” toward the left side and then the right side. (2)麻花步右、左打拳(左、右、左)三次 2*8 拍，共二趟。 Put your hands on the waist, and do the “boxing”. 【右邊即右腳或右手啟始、左邊則反之】 (3) Is it clear? OK! Your turn!</p> <p>2. 跨蹲(Squat)、打拳(Boxing)運動~4*8 拍。 (1)跨蹲左腳同時做擴胸 2 拍，回原姿勢並拍手 2 拍，(右腳亦同)共 2*8 拍。 Move right leg toward right side a step, then do the “squat “, and then do clap hands twice. (2)同上跨蹲，拍手改為打拳(左、右、左)三次(右邊亦同)共 2*8 拍。 Move right leg toward right side a step, then do the “squat “, and then do the “boxing”.</p> <p>3. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1.第八、九動作集體聯合操作二次。之後再依分組自行練習第一~九連續動作與展演。</p>	<p>三、總結活動</p> <p>1.Students do 5th~7th actions twice. And then practice 1st~7th actions in groups.</p> <p>第三節課結束</p> <p>第四節課</p> <p>一、準備活動</p> <p>1.Students answer the questions and try to do it.</p> <p>2. Students review and do 1st~7th actions twice.</p> <p>二、主要活動</p> <p>1.Students watch the teacher carefully. And then do the “grape-vine” and the “boxing” correctly.</p> <p>2.Students watch the teacher carefully. And then do the “squat” and the “boxing” correctly.</p> <p>三、總結活動</p> <p>1.Students do 8th and 9th actions twice. And</p>	<p>15 mins.</p> <p>3 mins.</p> <p>7 mins.</p> <p>10 mins.</p> <p>10 mins.</p> <p>15 mins.</p>	<p>學生是否能用雙語進行討論與練習?</p> <p>學生是否能用雙語回答問題或做出該動作?</p> <p>學生是否確實投入練習?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p> <p>學生是否能用雙語</p>
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<p>Practice in groups, and then groups show time. 2. That's today's lesson. The class is over. See you next time. Bye-bye! 第四節結束(The fourth period dismiss.)</p> <p>第五節課(The fifth period)</p> <p>一、準備活動(Warm-up)</p> <p>1. Motivation~ Q&A. Q1. What is the "grape-vine"? How to do it? Q2. What is the "boxing"? How to do it? Q3. How to do the "squat"? How to do it?</p> <p>2. 複習前節課所學習的第一~九動作，全班集體連續操作一次。 Let's review what we learned last time, and do 1~9 actions once.</p> <p>二、主要活動(Presentation)</p> <p>1. 曼波步(Mambo)、V字形(V-shape)運動~8*8拍。 (1) 前曼波步同時雙手斜上作v字2拍、腳回併時雙手拍2拍，共2*8拍。 Do the "mambo" forward and the "V-shape", and then clap hands twice. 2*8. (2) 同上，腳回併時改為前踢腳三次，共2*8拍。 Do the "mambo" forward and "V-shape", and then do kick the ball action. 2*8. (3) 側曼波步同時手側推4拍、腳回併時雙手叉腰下蹲兩次4拍，右、左側，共2*8拍。 Do the "mambo" right/left side and arms follow push, and then do put hands on waist and squat twice. 2*8. (4) 側曼波步同時手側推4拍、雙腳雙手開合跳兩次4拍，共2*8拍。 Do the "mambo" right/left side and arms side push, and then do the "jumping jack" twice. 2*8. (5) Is it clear? OK! Your turn!</p> <p>2. 慢跑(Jogging)、開合跳(Jumping jack)運動4*8拍。 向左(右)跑一圈1*8，開合跳4次1*8，共4*8拍。 Do the "jogging" toward left side circle around 1*8 and do the "Jumping jack" four times 1*8. And then toward the right side do the same actions again. 2*8.</p> <p>3. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1. 第十、十一動作集體聯合操作二次。之後再依分組自行練習第一~十一連續動作與展演。 Practice in groups, and then groups show time.</p> <p>2. That's today's lesson. The class is over. See you next time. Bye-bye! 第五節結束(The fifth period dismiss.)</p> <p>第六節課(The sixth period)</p>	<p>then practice 1st~9th actions in groups.</p> <p>第四節結束</p> <p>第五節課</p> <p>一、準備活動</p> <p>1. Students answer the questions and try to do it.</p> <p>2. Students review and do 1st~9th actions once.</p> <p>二、主要活動</p> <p>1. Students watch the teacher carefully. And then do the "mambo" and the "V-shape" correctly.</p> <p>2. Students watch the teacher carefully. And then do the "jogging" and the "jumping jack" correctly.</p> <p>三、總結活動</p> <p>1. Students do 10th and 11th actions twice. And then practice 1st~11th actions in groups.</p> <p>第五節結束</p> <p>第六節課</p>	<p>3 mins.</p> <p>7 mins.</p> <p>10 mins.</p> <p>10 mins.</p> <p>15 mins.</p>	<p>進行討論與練習?</p> <p>學生是否能用雙語回答問題或做出該動作?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p> <p>學生是否能用雙語進行討論與練習?</p>
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<p>一、準備活動(Warm-up)</p> <p>1. Motivation~ Q&A Q1. What is the “mambo”? How to do it? Q2. What is the “jumping jack”? How to do it?</p> <p>2. 複習前節課所學習的第一~十一動作，全班集體連續操作二次。 Let's review what we learned last time, and do 1st~10th actions once.</p> <p>二、主要活動(Presentation)</p> <p>1. 划船(Boat-rowing)、拍手跳步(Scoop)運動~4*8拍。 (1)划船兩次第四、八拍拍手，右、左共2*8拍。 Do the “boat-rowing” 2 times toward the left side and right side, and at 4th,8th beats do the “scoop”. 2*8. (2)划船一次第二、四、六、八拍拍手，左、右邊共2*8拍。 Do the “boat-rowing” once toward the left side and right side, and at 2nd,4th,6th, and 8th beats do the “scoop”. 2*8.</p> <p>2. 踏步(March)、交叉(Cross)運動~4*8拍。 右、左腳踏步；右手斜舉2拍、左手斜舉2拍，雙手交叉胸前及觸肩各1拍，打開雙手拍手兩下2拍，共4*8拍。 Do the “march” and raise your hands and make the “V-shape”, then make a cross at the breast. Finally, touch your shoulders and clap hands 2 beats.</p> <p>3. Is it clear? OK! Your turn!</p> <p>三、總結活動(Wrap-up)</p> <p>1. 第十二、結束動作集體聯合操作二次。之後再依分組自行練習整套連續動作一次與展演。 Practice in groups, and then groups show time.</p> <p>2. 發下所有健康操之重要關鍵動作名稱之中、英對照講義，讓學生貼在聯絡簿上，隨時反覆查看。 Pass on the handouts for everyone!</p> <p>3. That's today's lesson. The class is over. See you next time. Bye-bye!</p> <p style="text-align: center;">第六節結束(The sixth period dismiss.)</p> <p style="text-align: center;">第七節課(The seventh period)</p> <p>一、準備活動(Warm-up)</p> <p>1. In the past classes, we have learned all action of the Chang-an-style gymnastics. So, today's class first, let's play a group competition activity and review the keywords of gymnastics. And then I am going to play a piece of music to let you know how to keep up with it to do the Chang-an-style gymnastics.</p> <p>2. 小組競賽2~猜字遊戲。如附件一，以組為隊，每隊一張字表，先給予1分鐘討論策略，然後計時5分鐘，最快找出者勝。</p>	<p>一、準備活動</p> <p>1. Students answer the questions and try to do it.</p> <p>2. Students review and do 1st~11th actions once.</p> <p>二、主要活動</p> <p>1. Students watch the teacher carefully.</p> <p>2. Students watch the teacher carefully.</p> <p>3. Students do the “boat-rowing”, the “scoop” and the “cross” correctly.</p> <p>三、總結活動</p> <p>1. Students do 12th action twice. And then practice all actions in groups.</p> <p>2. Attach handouts in the communication book. And reviews the keywords of gymnastics often.</p> <p style="text-align: center;">第六節結束</p> <p style="text-align: center;">第七節課</p> <p>一、準備活動</p> <p>1. Students listen to the teacher carefully.</p> <p>2. Students of the group quickly answer the question in English</p>	<p>2 mins.</p> <p>8 mins.</p> <p>10 mins.</p> <p>10 mins.</p> <p>15 mins.</p> <p>2 mins.</p> <p>3 mins.</p>	<p>學生是否能用雙語回答問題或做出該動作?</p> <p>學生是否專注觀看老師的動作示範及講解?</p> <p>學生是否確實投入練習?</p> <p>學生是否能用雙語進行討論與練習?</p> <p>學生能否以英文討</p>
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<p>Teamwork to find out the “word-puzzles”. The group which finishes first wins the game.</p> <p>3.小組競賽 1~快問快答:以組為單位，搶答做動作。 先答對且快速做出該動作者得一分，獲得最多分者為勝。</p> <p>Group competition (Teacher says...) ~ Q&A. The group which does it correctly first gets a point. And the group gets the most points win the game. Are you ready? Let’s go!</p> <p>Q1.What is this action called? (Teacher does the “grape-vine”.) Q2.What is this action called? (Teacher does the “mambo”.) Q3.What is this action called? (Teacher does the “squat”.) Q4. What is this action called? (Teacher does the “breaststroke”.) Q5. What is this action called? (Teacher does the “knee-up”.) Q6. How to do the “jumping jack”? Q7. How to do the “V-step”? Q8. How to do the “lunge”? Q9. How to do the “scoop”? Q10. How to do the “jogging a round”?</p> <p>二、主要活動(Presentation)</p> <p>1.播放配合音樂節拍的健康操影片，全班集體注意聆聽與觀看影片，同時跟著動作之節奏做一次。 Play a film of the Chang-an-style gymnastics and follow the music rhythm to count the beats and do it once.</p> <p>2.發放每組依台平板電腦進行分組練習。配合影片與音樂節拍，分組練習整套動作二次。 Now, pass out the iPads for groups, and then let’s follow the film and music rhythm to do the whole actions twice.</p> <p>3. Now, I’m going to play music only. Everyone tries to keep up with the music to do it. If you can’t do by yourself, you can follow your classmates in front of you. OK! Let’s go!</p> <p>三、總結活動(Wrap-up)</p> <p>1.小組展演。Groups show time. 2.That’s today’s lesson. If you are not skillful after these practices. It doesn’t matter; we will practice the next class. Besides, you can surf the film on YouTube and practice at home. The class is over. See you next time. Bye-bye! 第七節結束(The seventh period dismiss.)</p>	<p>or do the action correctly get a point.</p> <p>Q1~Q5. Students answer the question in English.</p> <p>Q6~Q10. Students do the action.</p> <p>3.The group discuss 1 minute to decide the strategy, and then students enjoy the game of word-puzzles.</p> <p>二、主要活動</p> <p>1.Students can follow the film to keep up with the music, count the beats and do it.</p> <p>2.Practice in groups. Students follow the film and music to do the whole actions twice.</p> <p>三、總結活動</p> <p>1.Students show time in groups.</p> <p>第七節結束</p>	<p>6 mins.</p> <p>24 mins.</p> <p>10 mins.</p>	<p>論出策略，並找出關鍵動作之英文名詞?</p> <p>學生是否能用雙語回答問題或做出該動作?</p> <p>學生是否確實投入練習?</p> <p>學生是否能配合音樂跳完整套動作?</p>
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<p style="text-align: center;">第八節課(The eighth period)</p> <p>1. 發放每組依台平板電腦進行分組練習。配合影片與音樂節拍，分組練習。同時調整與修正動作。 Practice in class. At the same time, amend every action wrong parts for everybody.</p> <p>2. Encourage students to spend more time to prepare the contest of Chang-an-style gymnastics. And blessing.</p> <p style="text-align: center;">本單元課程結束(The unit lesson dismiss.)</p>	<p style="text-align: center;">第八節課</p> <p>1. Students practice the whole actions again and again.</p> <p style="text-align: center;">本課程結束</p>	<p style="text-align: center;">45 mins.</p>	<p>學生是否確實投入練習?</p>
<p>參考資料</p>	<p>1. 教育部(2017)。十二年國教健康與體育領域課程綱要。臺北市：作者。 2. http://puzzlemaker.discoveryeducation.com/ 3. 作者自編教材。</p>		

◎動作技能評量重點：

- 一、動作：熟記整套動作的順序、各個動作肢體伸展與身體移動軌跡的正確性與協調性等。
- 二、節奏：指靜態與動態動作轉換的掌握，以及動作速度和音樂節奏快慢之配合度。
- 三、表現：指動作輕重、肌肉緊張之力度掌握、面部表情的愉悅性和動作組合的流暢性。

◎評分規準：

A 等級

1. 動作正確且熟練。
2. 能熟練地掌控動作與節奏。
3. 面部表情愉悅，且能充分地展現動作力度與流暢性。
4. 能自動地配合他人完成動作。

B 等級

1. 動作正確，但稍不熟練。
2. 能穩定地掌控動作與節奏。
3. 面部表情尚愉悅，且能適時地展現動作力度與流暢性。
4. 能適當地配合他人完成動作。

C 等級

1. 動作尚正確，但不熟練。
2. 能大致地掌控動作與節奏。
3. 面部表情中可，且能大致地展現動作力度與流暢性。
4. 能大致地配合他人完成動作。

D 等級

1. 動作多不正確，且需提醒或被動的跟隨做動作。
2. 僅能部分地掌控動作與節奏。
3. 面部表情有點僵硬，且僅能部分地展現動作力度與流暢性。
4. 僅能部分地配合他人完成動作。

E 等級

1. 動作多不正確，且僅能被動的跟隨做動作。
2. 不能掌控動作與節奏。
3. 面部表情僵硬，且不能展現動作力度與流暢性。
4. 不能配合他人完成動作。

附件一 word-puzzles

Keywords of Chang-An-Style Gymnastics

K H E L S E P K M E R Y C L T
C G K W E D E A N O P R L S T
A D O X G G R N W E O A E J G
J R R I E C S B I S E H H N K
G I T G H G O C S V C S I S N
N B S N S A N I U D E X U F V
I B T I T H T U N R O P Y P I
P L S G X R O A L B L D A C X
M I A G H X P O M A M B O R A
U N E O J X D T T S C O O P G
J G R J E E K O R T S K C A B
P R B S T E P T O U C H O Q R
G N I M M I W S T A U Q S Q L
B L H Y O I U U Z K U O Q R Q
L D A F Z W E Z H M Z Y M T W

BACKSTROKE BOXING BREASTSTROKE CROSS LEGS-CURL
DRIBBLING EXPAND CHEST GRAPE-VINE JOGGING JUMPING JACK
KNEES-UP LUNGE MAMBO MARCH ROW BOAT SCOOP SHOOT
SQUAT STEP-TOUCH SWIMMING V-SHAPE

Answer:

Chang-An Style Gymnastics

1. BACK-STROKE
2. BOXING
3. BREAST-STROKE
4. CROSS
5. LEGS-CURL
6. DRIBBLING
7. EXPAND-CHEST
8. GRAPE-VINE
9. JOGGING
10. JUMPING-JACK
11. KNEES-UP
12. LUNGE
13. MAMBO
14. MARCH
15. ROW-BOAT
16. SCOOP
17. SHOOT
18. SQUAT
19. STEP-TOUCH
20. SWIMMING
21. V-SHAPE