

基隆市 112 學年度八斗國民小學辦理校長及教師公開授課
共同備課紀錄表

教學時間	113/4/30		教學班級	四年孝班	
教學領域	雙語體育		教學單元	毽子教學 kick the shuttlecock	
教學者	林育任	觀察者	詹佳宜	觀察後會談時間	113/5/1
<p>教材內容： 自編</p> <p>教學目標： 學科單元學習目標：</p> <ol style="list-style-type: none"> 讓學生能夠認識傳統文化-毽子 To understand a Chinese traditional culture, shuttlecock. 練習協調能做出踢毽基本動作 To practice and develop kick the shuttlecock basic abilities. 能配合口令做出踢毽動作的律動 To kick the shuttlecock with order. 能運用毽子在手中把玩，手中毽子動作，一手心，二手背。 <p>語言單元學習目標：</p> <p>To play games by using of shuttlecock by palm, back of hand and chopsticks.</p> <ol style="list-style-type: none"> 毽子 Shuttlecock，手掌 palm，手背 back of hand，足內側 inside of foot，足外側 outside of foot，足背 dorsum of foot，膝蓋 knee，水桶 bucket。 Raise your hand. Line up. Be quiet. Eyes on me. Ready? Drink water. Let' s warm up ! Spread out. Come back! Use your foot to kick the shuttlecock up. Swing your body by the count. You did it well. let' s give him(her) a big hand <p>學生經驗： 學科準備度 Readiness of Domain/Subject</p> <ol style="list-style-type: none"> 學生已經學過踢球等踢擲的動作。 Ss have learned few kinds of throw and kick. 學生熟悉踢擲項目的安全注意事項。 <p>英語準備度 Readiness of English</p> <ol style="list-style-type: none"> 學生能聽懂老師使用的課室英語。 Ss understand the classroom English that the teacher uses. 學生能聽懂老師使用關於腿部部位的單字 Ss know the words about the leg parts. 學生能聽懂老師使用關於身體動作的單字 Ss know the words about the body motions. <ol style="list-style-type: none"> Ss are familiar with the safety rules for kick the shuttlecock class. 教師集合學生、點名 暖身活動:1. 各個關節繞環運動，特別加強肩部、手腕、手指、膝蓋、腳踝。 2. 各個部位伸展運動，特別加強手臂、大腿。 					

3. 慢跑操場或活動場地兩圈。

暖身操作操口令步驟 Warm-up

Let's warm up.

1. First one, turn your head.

2. Move your shoulders forward, backward!
3. Roll your hip. / Change the side.
4. Roll your knees. / Change the side.
5. Rotate your wrist and ankle. / Change the side.
6. Take one step forward. / Change the side.
7. Touch your toes.
8. The last one, let's do jumping jacks 20 times.
9. Let's run two laps, one lap, two laps.
If you can't run, you can walk.

二、發展活動 (25 分)

1. 教師介紹毽子的由來。

(1) 介紹毽子從古至今的轉變(含影片)

To introduce the origin of shuttlecock by playing video.

<https://www.youtube.com/watch?v=cwVm9DAyR3A>

(2) 介紹踢毽的特色及優點(含影片)

To introduce the characteristics and advantages of shuttlecock by playing video.

https://www.youtube.com/watch?v=E8G29GR_2xk

(3) 影片介紹踢毽比賽項目(含耐力,花式,對抗)

To introduce the match items of shuttlecock by playing video.

耐力:<https://www.youtube.com/watch?v=t4J5nY3IEiI> 花

式:https://www.youtube.com/watch?v=G_h-Y-vMBP0 對

抗:<https://www.youtube.com/watch?v=CXv4qVwAdUY>

2. 讓學生思考生活上還有甚麼東西可以適合像毽子一樣踢。

To consider what else objects can be kicked.

3. 運用毽子在手中把玩，讓毽子成為童玩的遊戲。

To play games by using of shuttlecock.

4. 指導學生演練手中毽子動作，一手心，二手背。

To play shuttlecock by palm, back of hand and

總結階段 Summary stage

Let 's share what have you learned today

1. 抽號碼請學生回答踢毽分為哪幾種項目
2. 抽號碼請學生示範踢毽手部動作

第一節結束 End of the first session

教學評量方式：

1. 學生能說出毽子的由來。
Ss can tell the origin of shuttlecock.
2. 學生會使用手部的動作，來接住毽子。
Ss can use hand to catch shuttlecocks.
3. 學生會使用足下各部位將毽子踢出。
Ss can kick the shuttlecocks by using feet.

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