
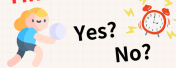
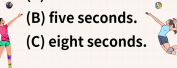


## 雙語課程教案設計 The Design of Bilingual Lesson Plan

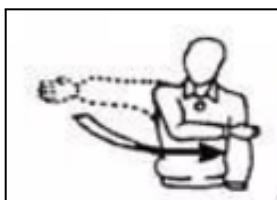
學校名稱 School	Cheng Kung Junior High School 基隆市立成功國中	課程名稱 Course	Volleyball
單元名稱 Unit	排球低手發球	學科領域 Domain/ Subject	Health and Physical Education
教材來源 Teaching Material	Self-edited materials	教案設計者 Designer	Teacher Huang / 黃恩寧
實施年級 Grade	國中8年級 / Grade 8	本單元共 <u>3</u> 節 / 演示第 <u>1</u> 節 The Total Number of Sessions in this Unit	
教學設計理念 Rationale for Instructional Design	排球發球是比賽中至關重要的一環。有效的發球才能使比賽順利進行，良好的發球品質則能創造得分機會，提升進攻效率。低手發球與高手發球相比，較容易上手，對於初學者而言，有更高的成功率，可提升學生的學習成就和學習動機。此外，排球運動有助於培養學生間的默契和信任，促進團隊合作精神。		
學科核心素養 對應內容 Contents Corresponding to the Domain/Subject Core Competences	總綱 General Guidelines	A1 身心素質與自我精進 C2 人際關係與團隊合作	
	領綱 Domain/Subject Guidelines	健體-J-A1 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，不輕言放棄。 健體-J-C2 具備利他及合群的知能與態度，並在體育活動和健康生活中培育相互合作及與人和諧互動的素養。	
學科學習重點 Learning Focus	學習表現 Learning Performance	【認知】 1d-IV-1 了解各項運動技能原理。 【情意】 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。 【技能】 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 Learning Contents	【H.競爭類型運動】 a.網/牆性球類運動 Ha-IV-1 網/牆性球類運動動作組合及團隊戰術。	
學生準備度 Students' Readiness	學科準備度 Readiness of Domain/Subject ● 學生會排球低手傳球		
	英語準備度 Readiness of English ● Ss understand simple instructions for movement. ● Ss are able to do warm up along with English instructions.		

<b>單元學習目標</b> <b>Learning Objectives</b>	1. 學生能夠了解排球低手發球動作技能要領。 2. 學生能正確做出低手發球動作，將球發過網，並落在界線範圍內。 3. 學生能夠在團體競賽中，積極主動地參與，並且能遵守紀律、尊重他人並相互合作，在競賽中觀察、欣賞他人的動作。	
<b>中／英文</b> <b>使用時機</b> <b>Timing for Using Chinese/ English</b>	<b>教師 Teacher</b>	<b>學生 Students</b>
	<ul style="list-style-type: none"> <li>● Teacher commanding students to do the warm-up activity.</li> <li>● Teacher doing comprehension checks.</li> <li>● Teacher asks questions.</li> </ul>	<ul style="list-style-type: none"> <li>● Ss following the command when doing the warm-up activity.</li> <li>● Ss answer the teacher's question.</li> </ul>
<b>教學方法</b> <b>Teaching Methods</b>	<ul style="list-style-type: none"> <li>● 講述式</li> <li>● 示範法</li> <li>● 合作學習</li> </ul>	
<b>教學策略</b> <b>Teaching Strategies</b>	<ul style="list-style-type: none"> <li>● 提供學習典範</li> <li>● 強化互動合作</li> <li>● 納入競賽元素</li> </ul>	
<b>教學資源及輔助器材</b> <b>Teaching Resources and Aids</b>	<ul style="list-style-type: none"> <li>● Volleyball</li> <li>● Net</li> <li>● Poster</li> </ul>	
<b>評量方法</b> <b>Assessment Methods</b>	觀察評量	
<b>評量規準</b> <b>Rubrics</b>	動作技能檢核表、情意檢核表	
<b>議題融入</b> <b>Issues Integrated</b>	資訊教育	

### 教學流程 Teaching Procedures

<b>第一節</b>	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p><b>1.Warm-up:</b></p> <p><b>2.Roll call:</b> Who is not here today?</p> <p><b>3.Greeting / Asking students' physical condition:</b> If you do not feel well, just tell me anytime.</p> <p><b>4.Raise motivation:</b></p> <ul style="list-style-type: none"> <li>● Today we are going to learn <b>how to serve volleyball.</b></li> <li>● In a volleyball game, is there a <b>time limit</b> for serving? If you think the answer is "No", please raise your hand. If you think the answer is "Yes", please raise your hand. The answer is "yes".</li> <li>● How many seconds does a player have to serve the ball? <b>(A) three seconds.</b> <b>(B) five seconds.</b> <b>(C) eight seconds.</b></li> </ul> <div style="display: flex; justify-content: space-around; align-items: center;"> <div data-bbox="379 1899 587 2018" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>How to <b>serve</b> volleyball?</p>  </div> <div data-bbox="595 1899 802 2018" style="border: 1px solid black; padding: 5px; text-align: center;"> <p><b>Time limit?</b></p> <p>Yes? No?</p>  </div> <div data-bbox="810 1899 1018 2018" style="border: 1px solid black; padding: 5px; text-align: center;"> <p>(A) three seconds. (B) five seconds. (C) eight seconds.</p>  </div> </div> <ul style="list-style-type: none"> <li>● When the referee blows the whistle and indicates the serve.</li> </ul>	<b>時間</b> <b>Time</b>  5min  5min
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Like this (此時吹哨子和比發球的手勢), you have eight seconds to serve.



- 如果沒有在時間內完成發球，則對方得分，並獲得發球權。

### 發展階段 Development stage

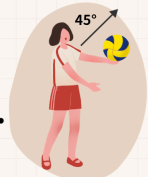
#### 1. 動作順序排排看

- Now I need five people in a group.
- Each group takes a tablet.
- Log in to Google Classroom.
- You need to put them in the right order.
- You only have two minutes. Ready, go!

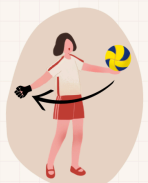
Left foot in front,  
right foot behind.



Hold the ball  
facing 45 degrees.



Make a fist (握拳)  
and swing it  
behind your body.



Throw  
the ball  
UP.



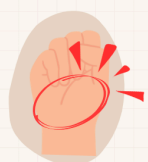
Take one step  
forward  
with your left foot.



Wave your arm  
forward .



Hit the ball  
with your palm.



- Time is up.
- Whether you have finished or not, now please look at me.

#### 2. 動作示範

- Left foot in front, right foot behind.
- Hold the ball facing 45 degrees.
- Make a fist and swing it behind your body.
- Throw the ball up.
- Take one step forward with your left foot.
- Wave your arm forward .
- Hit the ball with your palm.

3min

2min

- Now, I would like someone to demonstrate the volleyball underhand serve.
- OOO, please come and show us .
- Nice,thank you ! Let's give him a big hand.

3min

### 3. 原地動作練習

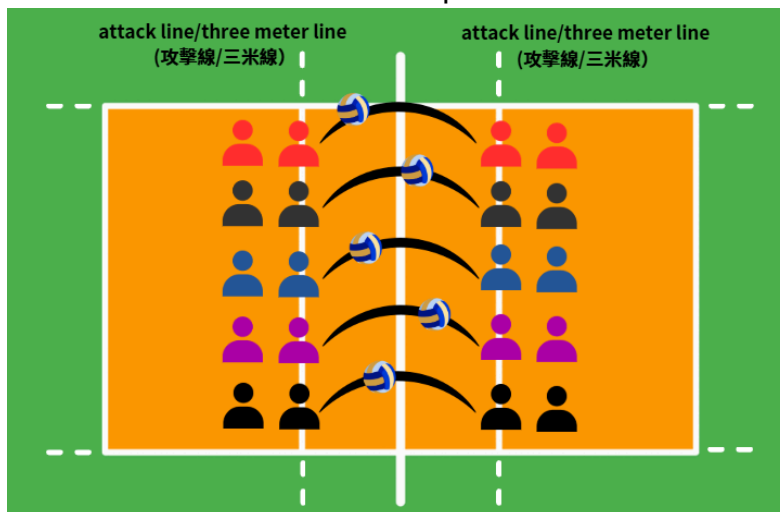
- Return to warm-up formation
- Spread out and open your arms.
- When I say the instructions, you follow the movements.
  1. Left foot in front, right foot behind.
  2. Face 45 degrees.
  3. Make a fist and swing it behind your body.
  4. Throw the ball up.
  5. Take one step forward.
  6. Hit the ball.

5min

### 4. 發球練習(站在三米線上)(過程中給予動作回饋)

- Four people in a group, take a ball.
- Stand on the three-meter line and practice underhand serve.

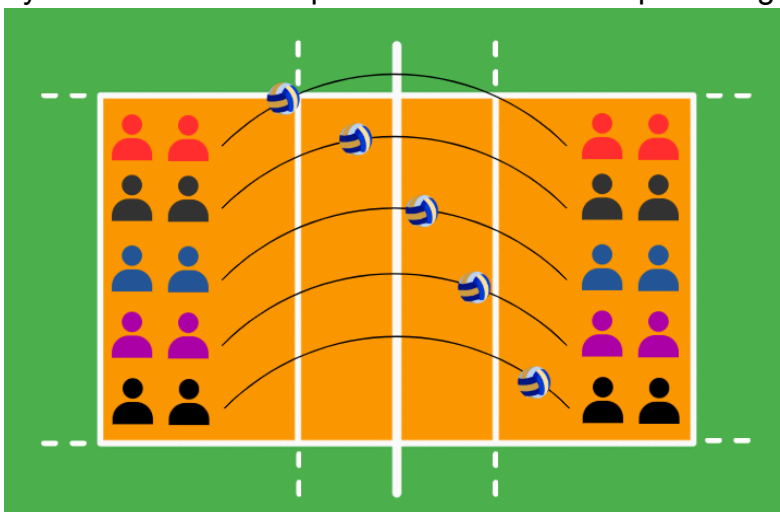
5min



### 5. 發球練習(站在離網子六米處)(過程中給予動作回饋)

- Everyone takes three steps back and continues practicing.

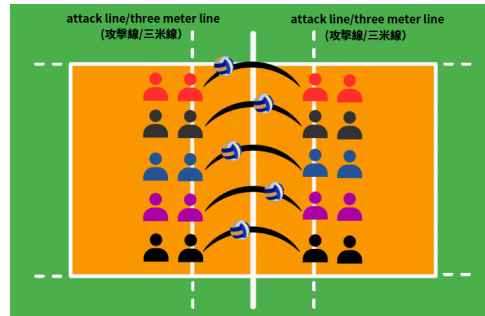
10min



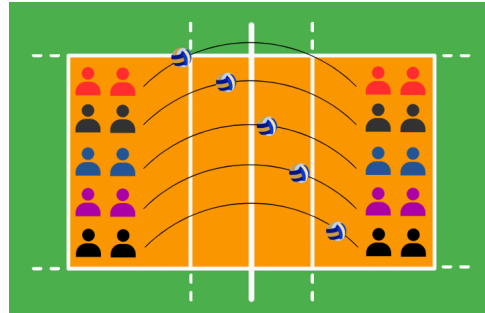
	<p style="text-align: center;"><b>總結階段 Summary stage</b></p> <p><b>1. Course content review.</b></p> <ul style="list-style-type: none"> <li>● 發球動作</li> <li>● 拋球</li> <li>● 擊球位置</li> </ul> <p><b>2. Course reflection and feedback.</b></p> <p><b>3. Announcing the next course content.</b></p> <ul style="list-style-type: none"> <li>● 底線發球</li> </ul> <p><b>4. Cheers and dissolution.</b></p> <ul style="list-style-type: none"> <li>● T: Lend me your hands.</li> <li>● Ss: Thank you teacher, thank you classmates !</li> </ul> <p style="text-align: center;"><b>第一節結束 End of the first session</b></p>	5min
第二節	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p><b>1. Warm-up:</b></p> <p><b>2. Roll call:</b> Who is not here today ?</p> <p><b>3. Greeting / Asking students' physical condition:</b></p> <ul style="list-style-type: none"> <li>● If you do not feel well, just tell me anytime.</li> </ul> <p><b>4. Raise motivation :</b></p> <ul style="list-style-type: none"> <li>● Who is the first person to serve?</li> <li>● Who is the second person to serve?</li> </ul> <div data-bbox="432 882 1169 1330" data-label="Diagram"> </div> <ul style="list-style-type: none"> <li>● 排球發球的第一順位是F，第二順位是A，輪轉方向為順時針旋轉。</li> </ul> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p><b>1. 排球低手發球動作複習</b></p> <ul style="list-style-type: none"> <li>● Let's review the volleyball underhand serve from last time. <ol style="list-style-type: none"> <li>1) Left foot in front, right foot behind.</li> <li>2) Hold the ball facing 45 degrees.</li> <li>3) Make a fist (握拳) and swing it behind your body.</li> <li>4) Throw the ball up.</li> <li>5) Take one step forward with your left foot.</li> <li>6) Straighten your right hand and wave your arm forward .</li> <li>7) Hit the ball with your palm.</li> </ol> </li> <li>● Return to warm-up formation</li> <li>● Spread out and open your arms.</li> <li>● When I say the instructions, you follow the movements.</li> </ul>	5min  5min  10min

## 2.發球動作複習(站在三米線上、站在離網子六米處)

10min



- Four people in a group, take a ball.
- Stand on the three-meter line and practice underhand serve.
- Each person serves five times, and the completed group sits down.

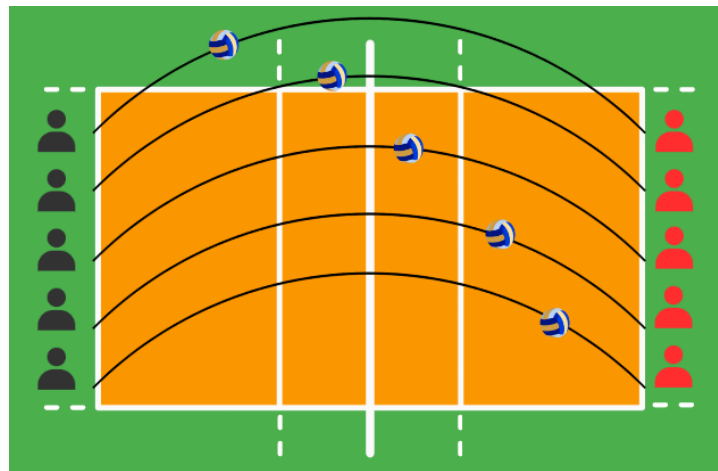


- Everyone takes three steps back and continues practicing.
- Each person serves five times, and the completed group sits down.

## 3.發球動作練習(發球區)

10min

- Everyone steps back behind the service line.
- Each person serves ten times, and the completed group sits down.



## 總結階段 Summary stage

### 1. Course content review.

- 發球區發球

### 2. Course reflection and feedback.

### 3. Announcing the next course content.

- 競賽遊戲

### 4. Cheers and dissolution.

- T: Lend me your hands.
- Ss: Thank you, teacher, thank you, classmates !

5min

第二節結束 End of the second session

1. Warm-up:
2. Roll call: Who is not here today?
3. Greeting / Asking students' physical condition:  
If you do not feel well, just tell me anytime.

5min

4. Raise motivation:

- In a volleyball match, can everyone serve the ball?
- If not everyone can serve, then who can't serve?

5min

- (A) captain 隊長  
(B) setter 舉球員  
(C) attacker 攻擊手  
(D) libero 自由球員



captain 隊長



setter 舉球員



attacker 攻擊手



libero 自由球員

※補充說明:

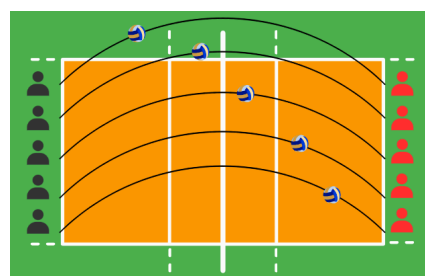
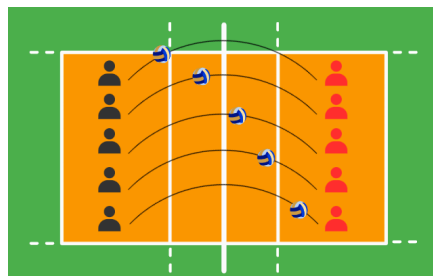
1. 隊長的胸前號碼下方會有一條橫槓以資識別。
2. 自由球員的球衣顏色與其他球員不同，在團隊中是負責防守的重要角色，但是不能發球、攻擊、攔網。

發展階段 Development stage

10min

1. 排球低手發球動作複習(站在離網子六米處、發球區)

- Four people in a group, take a ball.
- Each person serves five times, and the completed group sits down.



- Everyone steps back behind the service line.
- Each person serves ten times, and the completed group sits down.

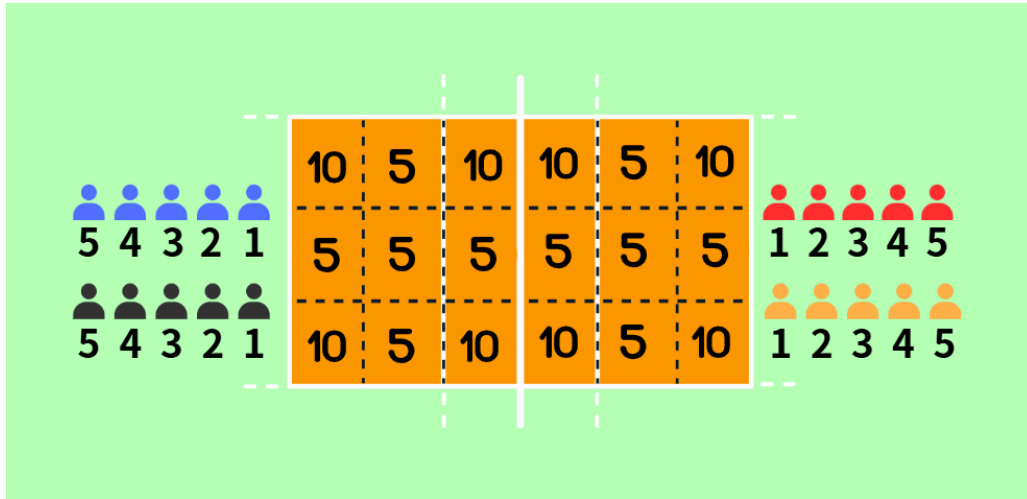
## 2. 競賽遊戲

### 人數配置：

- Divide into four groups. Five people in a group.
- Stand behind the serving line.

### 競賽規則：

- 各組輪流發球，等各組的第一位球員都發完球後，再換第二位球員發球，依此類推。
- 等1~5號都發完球後，再輪轉回到1號發球，每人有兩次發球機會。
- 發球僅有8秒鐘的時間，由旁邊的組別幫忙計時。
- 依球落地後碰到的數字給予分數，壓線則以較高分的分數計算。
- 最後會將10個分數加總，最高分的組別獲勝。



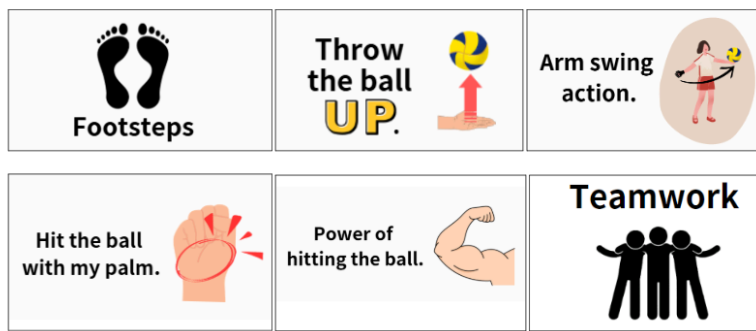
### 總結階段 Summary stage

#### 1. Course content review.

#### 2. Course reflection and feedback.

- I have a question for you.
- After playing the serving game, what abilities do you think you need to practice more?

**After today's serving game, I think**  
**I need to practice \_\_\_\_\_.**  
**Because \_\_\_\_\_.**



#### 3. Cheers and dissolution.

- T: Lend me your hands.
- Ss: Thank you teacher, thank you classmates !

第三節結束 End of the third session

參考資料



## 評量一：

- 評量目標：學生能了解排球低手發球動作要領。
- 評量工具：學習單。

1.( ) 下列哪一項不是排球低手發球的準備動作？

- (A) Left foot in front, right foot behind.
- (B) Hold the ball with your left hand.
- (C) Hold the ball with both hands.
- (D) Make a fist (握拳) and swing it behind your body.

2.( ) 在排球低手發球的準備動作中，球應該放在身體前方的什麼位置？

- (A) Right front of body 80 degrees.
- (B) Right front of body 45 degrees.
- (C) Left front of body 80 degrees.
- (D) Left front of body 60 degrees.

3.( ) 排球低手發球時該用身體的哪個部位擊球？

- (A) Fingers.
- (B) Thumb.
- (C) Palm.
- (D) Back of hand.

4.( ) In volleyball, how many seconds does a player have to serve the ball?

- (A) Three seconds.
- (B) Five seconds.
- (C) Eight seconds.
- (D) Ten seconds.

5.( ) 下列哪一項是正確的低手發球順序？

- (1) Throw the ball up.
- (2) Straighten your right hand and wave your arm forward .
- (3) Hold the ball facing 45 degrees.
- (4) Left foot in front, right foot behind.
- (5) Make a fist (握拳) and swing it behind your body.
- (6) Hit the ball with your palm.
- (7) Take one step forward with your left foot.

- (A) 4135762
- (B) 4315276
- (C) 4153627
- (D) 4351726

## 評量二：

- 評量目標：學生能正確地做出排球低手發球動作。
- 評量工具：動作技能檢核表。

項次	動作說明	是	否	無法觀察
預備期	1. 踩前後腳、與肩同寬 (左腳在前)			
	2. 將球平放在左手手掌上			
	3. 左手置於身體右前方(約45度角)、手肘微彎			
	4. 右手握拳、往後下方擺到身後			
動作期	5. 將球垂直拋起			
	6. 左腳往前跨一步 (重心往前)			
	7. 身體向正面旋轉			
	8. 右手伸直往前揮臂			
	9. 在腰間擊球 (掌根擊球)			
跟隨期	10. 右手順勢往前揮臂 (將球往前推送)			
完成期	11. 右手最後往左耳方向收			
流暢性	12. 動作具協調性、力道和速度感。			

等級	A	B	C	D	E
評分規準	能熟練地應用排球發球技巧於活動中, 亦能穩定地控制發球的方向和力道。	能正確地應用排球發球技巧於活動中, 大部分能穩定地控制發球的方向和力道。	能大致地應用排球發球技巧於活動中, 偶爾能穩定地控制發球的方向和力道。	僅能部分地應用排球發球技巧於活動中, 少數能控制發球的方向和力道。	未達 D 等級。
本評量 評分指引	●檢核表達成率 100%	●檢核表達成率 80% ~ 90%	●檢核表達成率 60% ~ 70%	●檢核表達成率 40% ~ 50%	●檢核表達成率 0% ~ 30%

### 評量三：

- 評量目標：學生能夠在團體競賽中，積極主動地參與，並且能遵守紀律、尊重他人並相互合作，在競賽中觀察、欣賞他人的動作。
- 評量工具：情意檢核表。

座號 姓名	評量項目	責任層級參照												表現標準
		紀律與尊重				參與及合作				溝通與讚美				
		1		2		3		4		5		6		
		遵守紀律		尊重他人		參與練習		團隊合作		積極主動		欣賞讚美		
		一	二	一	二	一	二	一	二	一	二	一	二	

- 評分基準：學生是否能在團體競賽中，積極主動地參與，並且能遵守紀律、尊重他人並相互合作，在競賽中觀察、欣賞他人的動作。
- 評分規準：

等級	A	B	C	D	E
評分規準	能積極地展現運動禮節，具備運動的道德思辨和實踐能力，並充分地表現利他合群的態度、與他人理性溝通及和諧互動。	能主動地展現運動禮節，具備運動的道德思辨和實踐能力，並適度地表現利他合群的態度、與他人理性溝通及和諧互動。	能適切地展現運動禮節，具備運動的道德思辨和實踐能力，並大致地表現利他合群的態度、與他人理性溝通及和諧互動。	僅能在提醒下展現運動禮節，具備運動的道德思辨和實踐能力，並約略地表現利他合群的態度、與他人理性溝通及和諧互動。	未達 D 等級。
本評量評分指引	●能完整表現出六個責任層級之評量項目	●能表現出四個責任層級之評量項目	●能表現出三個責任層級之評量項目	●能表現出一個責任層級之評量項目	●無法表現出任何一個責任層級之評量項目