



**:國民中小學部分領域課程雙語教學實施計畫—本土雙語教育模式之建構與推廣**  
 Integrated Bilingual Teaching in Selected Subject Areas: Localizing Education Models in Primary and Secondary Schools

**雙語課程教案設計**

**The Design of Bilingual Lesson Plan**

學校名稱 School	基隆市成功國中 Cheng Kung Junior High School	課程名稱 Course	五人制足球 Futsal
單元名稱 Unit	五人制足球	學科領域 Subject / Domain	健康與體育領域 Health and Physical Education
教材來源 Teaching Material	自編 Self-edited materials	教案設計者 Designer	連雅淇/Teacher Sally
實施年級 Grade	7 年級 / Grade 7	本單元共 4 節 The Total Number of Sessions in this Unit	
教學設計理念 Rationale for Instructional Design	本課程透過教師引導，讓學生了解與認識五人制足球的基礎概念，並藉由運球、傳球、停球與射門等聯合技能進行活動，培養學生的技術應用。課程強調團隊合作的重要性，透過小組合作與比賽模式，提升學生相互配合與溝通能力，培養協作精神與運動素養。同時，透過競賽形式激發學生參與的動機，讓學生在實戰中學習協調策略、分工合作，共同達成比賽目標。		
學科核心素養 對應內容 Contents Corresponding to the Domain/Subject Core Competence	總綱 General Guidelines	A1 身心素質與自我精進 Physical and mental wellness and self-advancement C2 人際關係與團隊合作 Interpersonal Relationships and Teamwork	
	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。	
	校本素養指標 School-based Competences	成-思-1：能藉由系統思考的方式，培養問題解決的能力。	
學科學習重點 Learning Focus	學習表現 Learning Performance	【認知】 1c-IV-1 了解各項運動基礎原理和規則 1d-IV-1 了解各項運動技能原理 【情意】 2c-IV-2 表現力他合群的態度，與他人理性溝通與和諧互動	

		<b>【技能】</b> 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
	<b>學習內容</b> <b>Learning Contents</b>	<b>【H.競爭類型運動】</b> b.陣地攻守性球類運動 Hb-IV-1 陣地攻守性球類運動動作組合及團隊戰術
<b>學生準備度</b> <b>Student's Readiness</b>	<b>學科準備度 Readiness of Domain/Subject</b> ● Ss know the simple rules of football.	
	<b>英語準備度 Readiness of English</b> ● Ss know how to use simple phrases for greetings. ● Ss understand simple instructions for movement.	
<b>單元學習目標</b> <b>Learning Objectives</b>	● 學生能夠歸納五人制足球的基本規則與比賽方式。 ● 學生能夠正確表現運球、傳球、停球與射門等基本技巧。 ● 學生能夠尊重隊友與對手，相互合作完成比賽，並培養團隊精神。	
<b>中/英文使用時機</b> <b>Timing for Using Chinese/English</b>	<b>教師 Teacher</b>	<b>學生 Students</b>
	● T greeting students ● T instruction for movement ● T explaining rules of activities ● T managing the classroom	● Ss answer the teacher's questions ● Ss do the activities
<b>教學方法</b> <b>Teaching Methods</b>	● Didactic Teaching ● Method of demonstration ● Cooperative Learning	
<b>教學策略</b> <b>Teaching Strategies</b>	● Group Competition ● Assistance and Cooperation ● Teamwork ● Constructive feedback	
<b>教學資源及輔助器材</b> <b>Teaching Resources and Aids</b>	● Football ● Cone / Disc cone ● Whiteboard ● Clip	
<b>評量方式</b> <b>Assessment Methods</b>	● Performance assessment ● Paper-and-pencil test ● Affection assessment	
<b>評量規準</b> <b>Rubrics</b>	● 如附件	
<b>議題融入</b> <b>Issues Integrated</b>		

## 教學流程 Teaching Procedures

### 第一節

#### 準備階段 Preparation stage

1. Greetings and roll call.
2. Confirm student's physical condition
3. Warm up.

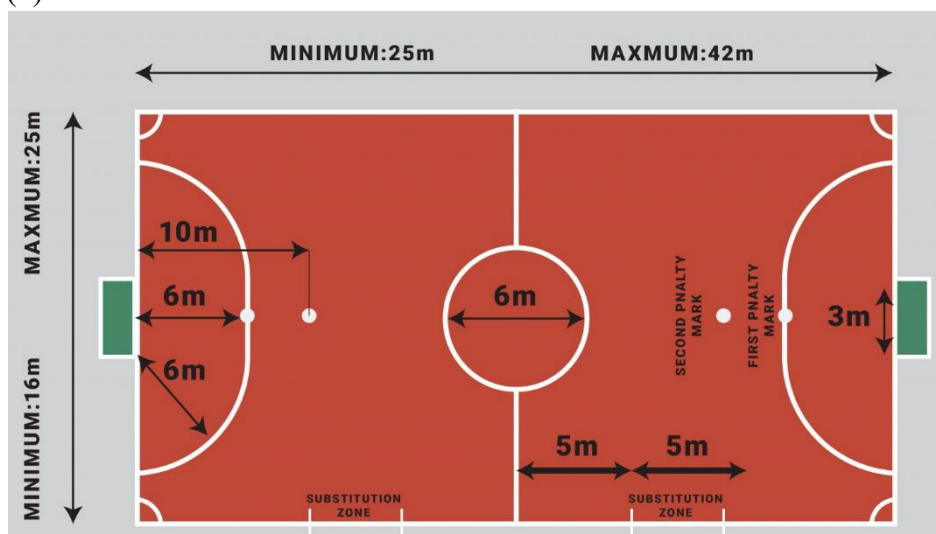


4. Do you know any football players?  
Can you guess?  
Who is the youngest/ shoots most balls/ is the goal keeper/ is the MVP(most valuable(價值) player)?
5. FIFA world cup in 2022 was held only in one country, Qatar.  
In 2026, it will be played in 3 different countries, Canada, Mexico, and USA.  
It is very special.

#### 發展階段 Development stage

1. Today, I'm going to teach you about Futsal.
2. Futsal (Indoor Football) rules

##### (1) Futsal Court



- (2) Number of people : 5 people, but no less than 3 people. (football 11/7)
- (3) Game time : 40mins (20mins/ rest time 10mins/ 20mins) (football 90)  
Tie : 10mins (5mins/ 5mins) or spot kick (football 30mins)

### 3. Skill practice

#### (1) Dribble

##### ◦ Instep 腳背

-Foot : Use the instep(腳背) to touch the ball

-Push : Push the ball but not kick the ball

-Trap : Sole(腳底) trap(停球)

\*practice : straight line

##### ◦ Inside and outside foot 腳內側、腳外側

-Foot : Use the inside and outside foot to touch the ball

-Push : Push the ball but not kick the ball

\*practice : S-shaped dribbling

#### (2) Pass

##### ◦ Inside foot pass

-Swing : Swing your foot

-Foot : Use the inside foot

-Pass : The touch is at the center of the ball

\*practice : work in pairs

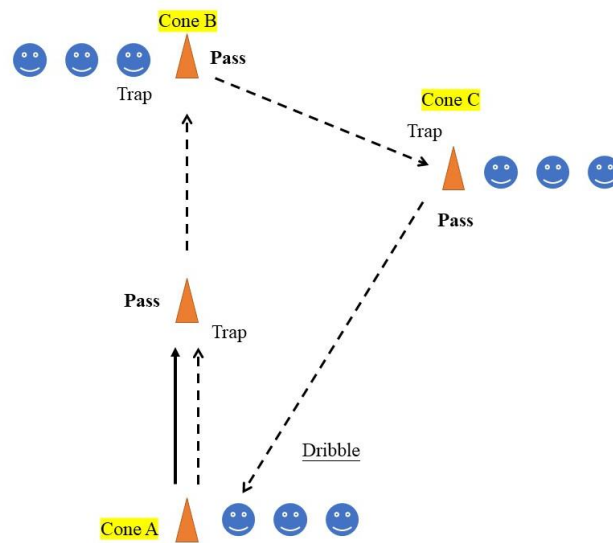
### 4. Practice dribble, pass, and trap. (angles pass)

Divide all into four groups.

(1) Cone A : Dribble then pass, and go to B.

(2) Cone B : Trap then Pass, and go to C.

(3) Cone C : Trap then Pass, and go to A.



### 總結階段 Summary stage

1. That's today lesson. Do you remember what we learned today?
2. Don't forget what you learned today.
3. Thank you, everyone. See you next time.

### 第一節結束 End of the first session

## 第二節

### 準備階段 Preparation stage

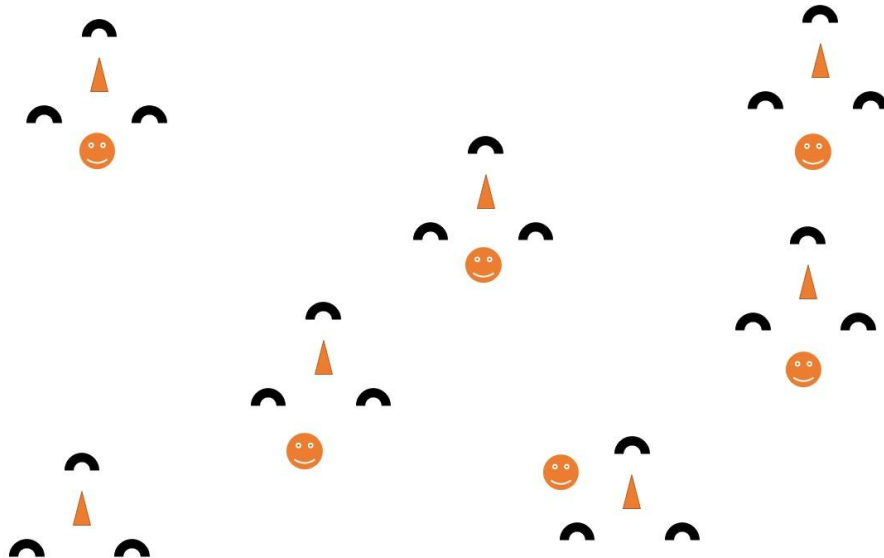
1. Greetings and roll call.
2. Confirm student's physical condition.
3. Warm up.

## 發展階段 Development stage

1. Today, I'm going to teach you about Futsal rules and shooting
2. Futsal rules
  - (1) Kick off : At the center line
  - (2) If the ball goes out of bounds, do a kick-in to restart play. (football throw in)
  - (3) Goal kick : If attacker kicks the ball out of the goal line, the goal keeper kicks the ball to his teammate.
  - (4) Corner kick : If defender kicks the ball out the goal line, the attacker kicks the ball from the corner.
  - (5) Time-out : Each team has one 1min timeout each game to discuss.
3. Skill practice: Shoot
  - (1) Inside foot shoot
    - Swing : Swing your foot
    - Foot : Use the inside foot
    - Shoot
    - \*Practice : Divide all into four groups.  
Make sure the ball goes between the cones.
  - (2) Instep shoot
    - Swing : Swing your foot
    - Foot : Use the instep foot
    - Shoot
    - \*Practice : the same as inside foot shoot



4. Shooting game
  - (1) Divide all into three groups.
  - (2) One group shoots and another defends, and the other watch.
  - (3) The defender must guard the cone and not cone to knock it down.
  - (4) The shooter should kick over the disc cone.
  - (5) If the cone is knocked down, you can come to me to take one clip.



### 總結階段 Summary stage

1. That's today lesson. Do you remember what we learned today?
2. Don't forget what you learned today.
3. Thank you, everyone. See you next time.

### 第二節結束 End of the second session

## 第三節

### 準備階段 Preparation stage

1. Greetings and roll call.
2. Confirm student's physical condition.
3. Warm up.
4. Students use whiteboard to tell the differences.

	Football	Futsal
Number of people		
Game time		
Tie		
Kick		
Time-out		
Exchange player		

Give students word cards for matching.

5 people. 11 people. 40mins. 90mins. 10mins. 30mins. Kick in. Throw in. 1min.

No. Teams can change five players in three chances. No limit.

### 發展階段 Development stage

1. Today, I'm going to review Futsal.
  - (1) Dribble : Foot (Instep. Inside and outside). Push.
  - (2) Pass : Swing. Foot. Pass.
  - (3) Shoot : Swing. Foot. Shoot.



## 2. Running (2 laps)

### (1) Goal line instep dribbling

Dribble the ball straight along the goal line.

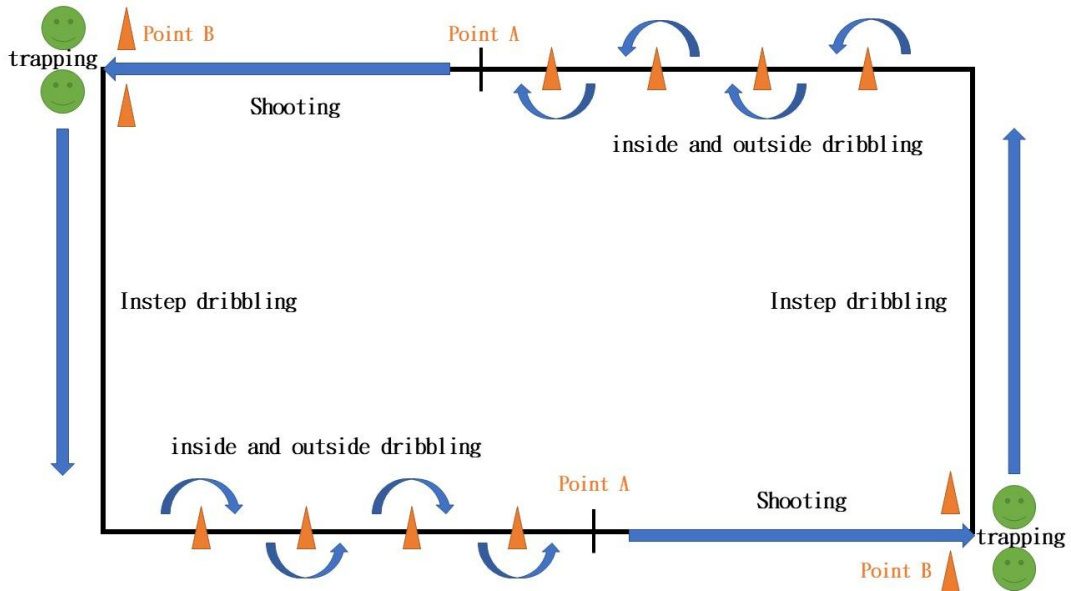
### (2) Touchline S-Shaped dribbling

Do the inside and outside dribbling.

Dribble the ball in an S Shape along the touchline.

### (3) Shooting at the point A

### (4) Run to point B to wait for trapping.



## 3. Now we have an activity about futsal

### (1) Divide all into three groups.

### (2) Attacker : Pass and trap the ball in the attack zone.

Defender : Defender can steal the ball in the defensive zone.

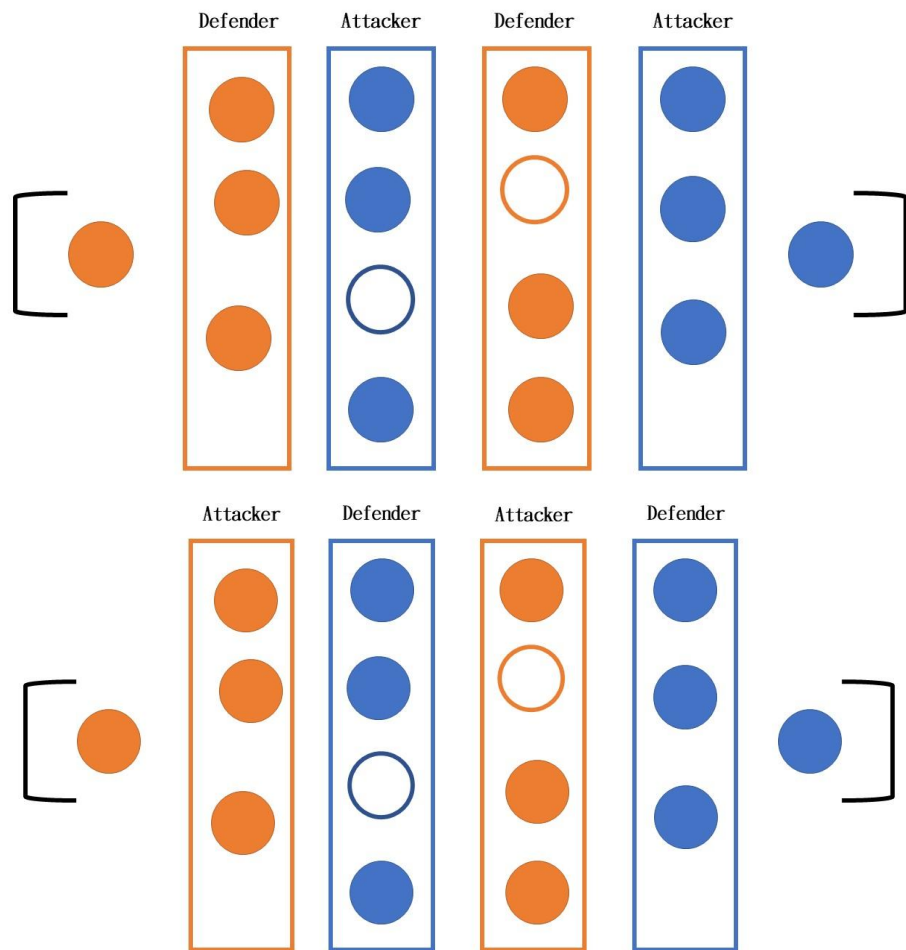
If the defender steals the ball, transition.

### (3) Attacker and Defender can decide the number of people in either zone.

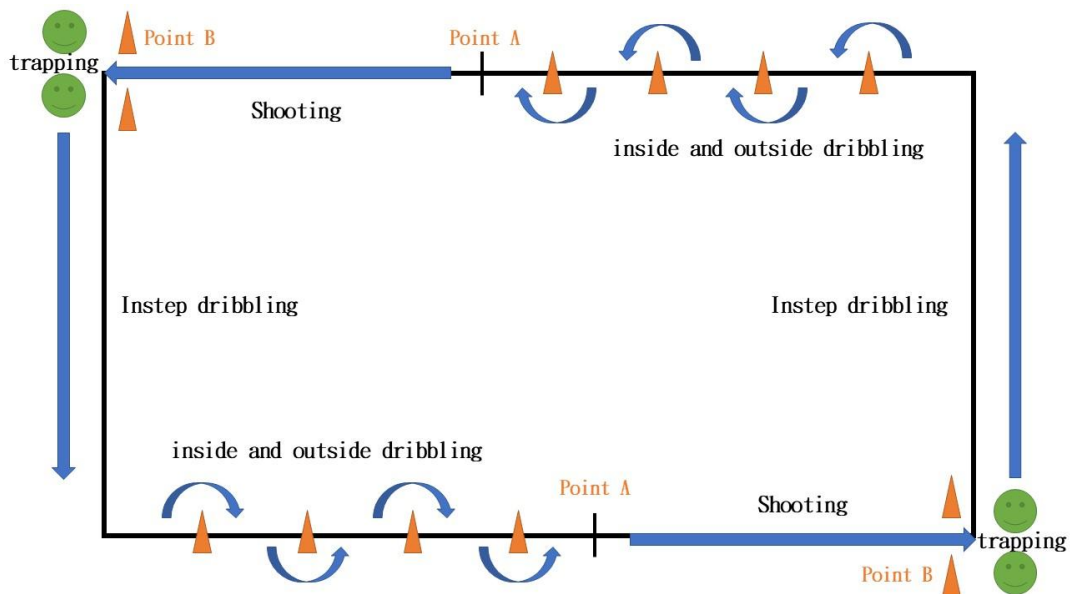
During the game, only one attacker can move to other zone.

Switch the attacker if you want.

### (4) Other : The third group watch and discuss how to do the activities.

	<div data-bbox="363 161 1273 1108" data-label="Diagram">  </div> <p data-bbox="651 1220 1007 1254" style="text-align: center;"><b>總結階段 Summary stage</b></p> <ol data-bbox="288 1279 1144 1400" style="list-style-type: none"> <li>1. That's today lesson. Do you remember what we learned today?</li> <li>2. Don't forget what you learned today.</li> <li>3. Thank you, everyone. See you next time.</li> </ol> <p data-bbox="584 1460 1075 1494" style="text-align: center;"><b>第三節結束 End of the third session</b></p>	
<p><b>第四節</b></p>	<p data-bbox="638 1534 1021 1568" style="text-align: center;"><b>準備階段 Preparation stage</b></p> <ol data-bbox="288 1594 1015 2107" style="list-style-type: none"> <li>1. Greetings and roll call.</li> <li>2. Confirm student's physical condition.</li> <li>3. Warm up.</li> <li>4. Running (3 laps)                         <ol data-bbox="331 1787 1015 2107" style="list-style-type: none"> <li>(1) Goal line instep dribbling Dribble the ball straight along the goal line.</li> <li>(2) Touchline S-Shaped dribbling Do the inside and outside dribbling. Dribble the ball in an S Shape along the touchline.</li> <li>(3) Shooting at the point A</li> <li>(4) Run to point B to wait for trapping.</li> </ol> </li> </ol>	



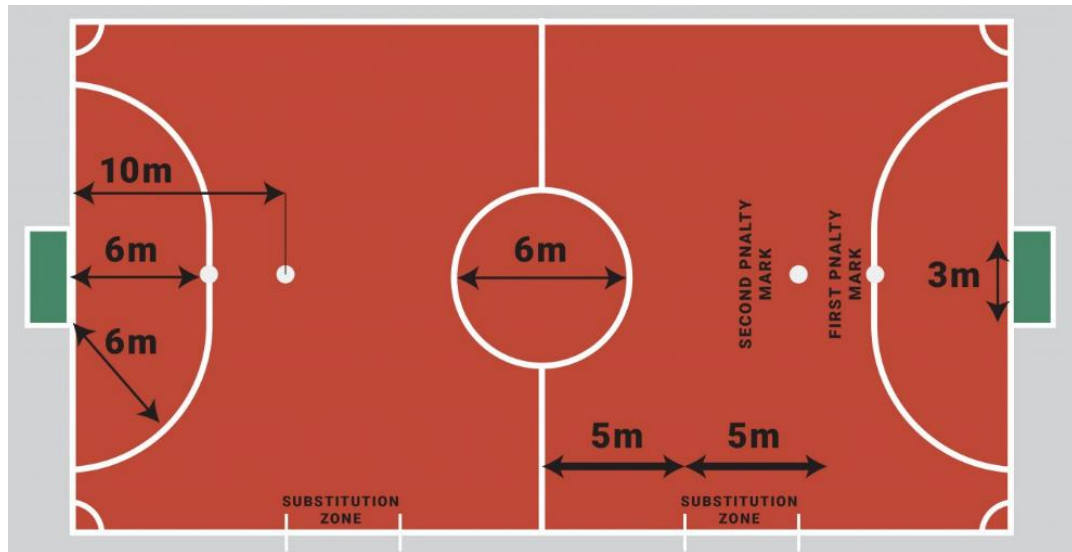


### 發展階段 Development stage

1. I'm going to review Futsal rules before the game.
  - (1) Number of people : 5 people.
  - (2) Game time : 40min (we game time is 8 mins)
  - (3) Kick off : At the center line.
  - (4) If the ball goes out of bounds, do a kick-in to restart play. (football throw in).
  - (5) Goal kick : If attacker kicks the ball out of the goal line, the goal keeper kicks the ball to his teammate.
  - (6) Corner kick : If defender kicks the ball out the goal line, the attacker kicks the ball from the corner.
  - (7) Exchange player :
    - Futsal has no limit on player changes.
    - Football can change five players in three chances.
2. Now, we are going to have a Futsal game.
  - (1) Divide all into three groups.
  - (2) Attacker. Defender. Other.

### 3. Start the game.

(1) Students talk about team plans for the game.



### 總結階段 Summary stage

1. That's today lesson.
2. Choose one person from each group to share one advantage from your group and one thing to be improved.
3. Thank you, everyone. See you next time.

### 第四節結束 End of the fourth session

參考資料  
References

## 基隆市成功國民中學健體教學與評量對照表

### 一、教學評量對照表

單元名稱	Futsal 五人制足球					
操作說明	1.評量時機：技能評量於每堂課實施時進行記錄；認知、情意與行為評量可於教學過程中、單元活動結束後，或期末進行整體性評量。 2.評量工具：足球技能動作檢核表、檔案評量(學習單、學習態度觀察紀錄表)。 3.學習紀錄：指未列入評量之學習歷程。 4.對應之評量內容：為該節課教學內容所設計之評量題目或檢核表。					
節課名稱	教學目標	教學重點	學習紀錄	評量 次主題	評量 工具	對應之 評量內容
五人制足球	1.學生能夠說明五人制足球的基本規則與比賽方式。 2.學生能夠正確表現運球、傳球、停球與射門等基本技巧。 3.學生能夠尊重隊友與對手，相互合作完成比賽，並培養團隊精神。	<b>1.引起動機：</b> 說明足球運球、傳球、停球與射門的基本動作要領與比賽規則。 <b>2.發展活動：</b> 足球運球、傳球、停球與射門動作技巧講解、示範與實作練習。 <b>3.綜合活動：</b> 說明足球運球、傳球、停球與射門常發生錯誤、技巧、分組競賽。		技能原理(認知) 學習態度(情意) 技能實作(技能)	動作檢核表 線上學習單 學習態度觀察紀錄表	

## 二、評量項目

### (一)評量一：

- 1.評量目標：學生能夠正確表現運球、傳球、停球與射門等基本技巧。
- 2.評量工具：動作技能檢核表(如附件)
- 3.評分基準：學生是否能正確表現運球、傳球、停球與射門等基本技巧。
- 4.評分規準：

等級	A	B	C	D	E
評分規準	學生能夠正確表現運球、傳球、停球與射門的 10-12 項動作。	學生能夠正確表現運球、傳球、停球與射門的 8-9 項動作。	學生能夠正確表現運球、傳球、停球與射門的 6-7 項動作。	學生能夠正確表現運球、傳球、停球與射門的 4-5 項動作。	未達 D 級

### (二)評量二：

- 1.評量目標：學生能夠歸納五人制足球的基本規則與比賽方式。
- 2.評量工具：線上學習單(如附件)
- 3.評分基準：學生是否能歸納五人制足球的基本規則與比賽方式。
- 4.評分規準：

等級	A	B	C	D	E
評分規準	學生能正確答對學習單 11-12 題。	學生能正確答對學習單 9-10 題。	學生能正確答對學習單 7-8 題。	學生能正確答對學習單 5-6 題。	未達 D 級

### (三)評量三：

- 1.評量目標：藉由分組遊戲或競賽活動中，能與同學相互合作共同完成目標。
- 2.評量工具：學習態度觀察紀錄表。(如附件)
- 3.評分基準：學生是否能尊重隊友與對手，相互合作完成比賽，並培養團隊精神。
- 4.評分規準：

等級	A	B	C	D	E
評分規準	能完整表現出四個責任層級之評量項目。	能表現出紀律與尊重、參與及合作、主動與抗壓等三層及之評量項目。	能表現出紀律與尊重、參與及合作等二層級之評量項目。	只能表現出紀律與尊重、參與及合作其中一項。	未達 D 級

### 三、附件(Appendix)：

#### (一)評量一： 足球技能動作檢核表

項目	細項	達成	需改進
Dribbling	能使用腳背平穩推球前進		
	能使用腳內側與腳外側改變方向		
	能在運球過程中，球與腳距離適當，沒有過度推遠		
Passing	能使用腳內側準確傳球給隊友		
	能控制傳球力量與速度，不過強或過弱		
	能將球傳向正確方向		
Trapping	能用腳底停球，控制球不彈開		
	停球後能迅速轉換至運球或傳球動作		
	能維持身體平衡，停球後不失去控球		
Shooting	能使用腳內側射門		
	能使用腳背射門		
	能將球射入目標區		

## (二)評量二：線上學習單

5 people	Kick in	No limit	90mins	Throw in	30mins
Nno	11 people	Teams can change five players in three chance.	40mins	1min	10mins

<input type="text"/>	Time out in a futsal game.	<input type="text"/>	Exchange player in a football game.	<input type="text"/>	Futsal game tie time.
<input type="text"/>	Football game tie time.	<input type="text"/>	Futsal game time.	<input type="text"/>	Kick out in a futsal game.
<input type="text"/>	Kick out in a football game.	<input type="text"/>	Number of players in a futsal game.	<input type="text"/>	Time out in a football game.
<input type="text"/>	Exchange player in a futsal game.	<input type="text"/>	Football game time.	<input type="text"/>	Number of players in a football game.

提交答案



<https://wordwall.net/tc/resource/88708918>





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