



## 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

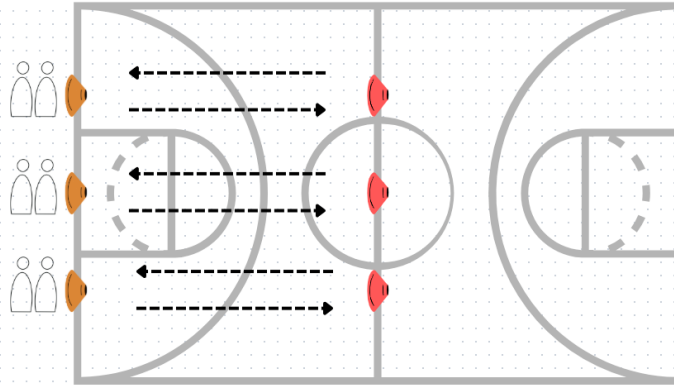
### 雙語課程教案設計

### The Design of Bilingual Lesson Plan

學校名稱 School	Cheng Kung Junior High School 基隆市立成功國中	課程名稱 Course	Volleyball
單元名稱 Unit	How to set? (舉球/托球)	學科領域 Subject / Domain	Health and Physical Education
教材來源 Teaching Material	自編	教案設計者 Designer	Teacher Karen/林申
實施年級 Grade	7	本單元共 <u>3</u> 節 The Total Number of Sessions in this Unit	
教學設計理念 Rationale for Instructional Design	排球是一種多項技術合一，且須高度團隊協作的運動，其中舉球/托球是整個排球活動中最為基礎也重要的一環，清楚動作要領及訣竅後，舉球也能變得簡單。除了基本技能以外，也設計以增加移動及趣味的遊戲模式、以及小組活動來達成協作培養人際，循序漸進的方式，使學生不斷提升達成的成就感。		
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。	
	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】 C. 運動知識 1c-IV-1 了解各項運動基礎原理和規則。 【情意】 C. 體育學習態度 2c-IV-2 表現利他合群的態度，與他人理性溝通與和諧互動。	

		2c-IV-3 表現自信樂觀、勇於挑戰的學習態度。 【技能】 C. 技能表現 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>	Ha-III-1 網/牆性球類運動基本動作及基礎戰術。
<b>學生準備度</b> <b>Students' Readiness</b>	學科準備度 Readiness of Domain/Subject	
	<ul style="list-style-type: none"> <li>● Students know the basic movement patterns.</li> <li>● Students have learned how to play volleyball before.</li> </ul>	
	英語準備度 Readiness of English	
	<ul style="list-style-type: none"> <li>● Students know simple greeting.</li> <li>● Students know simple classroom instructions.</li> </ul>	
<b>單元學習目標</b> <b>Learning Objectives</b>	<ul style="list-style-type: none"> <li>● 學生能認識舉球/托球的知識及動作要領。</li> <li>● 學生能做出正確動作托球。</li> <li>● 學生能夠在小組活動中，積極參與並相互配合。</li> </ul>	
<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>
	T greets students T instructs for movement T explains rule of activities T manages the classroom	Ss answer the teacher's question Ss give feedback and encourage classmates
<b>教學方法</b> <b>Teaching Methods</b>	講述法 示範教學法 合作學習法	
<b>教學策略</b> <b>Teaching Strategies</b>	強化互動合作、展現學習成果。	
<b>教學資源及輔助器材</b> <b>Teaching Resources and Aids</b>	白板、白板筆、磁鐵、圓盤、球場。	
<b>評量方法</b> <b>Assessment Methods</b>	附件一：舉球/托球知多少？ 附件二：托球技能評量規準表	
<b>評量規準</b> <b>Rubrics</b>	附件 1-1：認知評量檢核表。	
<b>議題融入</b> <b>Issues Integrated</b>		

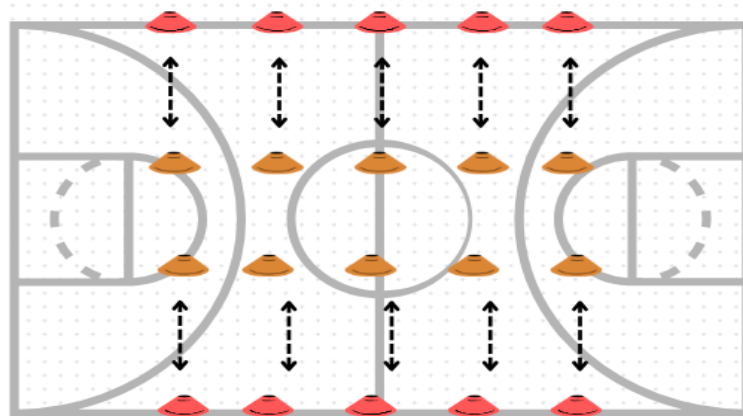
<b>教學流程 Teaching Procedures</b>		<b>時間 Time</b>
<b>第一節</b>	<p><b>準備階段 Preparation stage</b></p> <ul style="list-style-type: none"> <li>◇ Greeting and roll call.</li> <li>◇ Line up. Make two lines.</li> <li>◇ Run 3 laps.</li> <li>◇ Start warming.</li> <li>◇ Drink some water.</li> </ul>	8 min
	<p><b>發展階段 Development stage</b></p> <ul style="list-style-type: none"> <li>◇ 講解舉球動作/動作要領：</li> <li>◇ Today, we're going to learn "How to set?"</li> <li>◇ Explain the set.</li> </ul> <div style="text-align: center; background-color: #ffffcc; padding: 10px;"> <p><i><b>In the volleyball game.</b></i></p> </div>	8 min
	<ul style="list-style-type: none"> <li>◇ We have four key points.                             <ol style="list-style-type: none"> <li>(1) Use your three fingers.</li> <li>(2) Make a triangle.</li> <li>(3) Raise above your forehead.</li> <li>(4) Bend your knees.</li> </ol> </li> <li>◇ <b>球感練習</b></li> <li>◇ There are four movements in total。                             <ol style="list-style-type: none"> <li>(1) Dribble with you three fingers. 使用三隻手指頭像地板運球。</li> <li>(2) Toss and catch. (使用托球手型)</li> <li>(3) Toss and set.</li> <li>(4) Set.</li> </ol> </li> <li>◇ Everyone takes one ball. 每個人一顆球。</li> <li>◇ Spread out and find your place. 散開且找到你的位置。</li> </ul>	4 min
	<ul style="list-style-type: none"> <li>◇ <b>小組遊戲(延伸活動)</b></li> <li><b>球感接力</b></li> <li>◇ Seven people in a group.</li> <li>◇ Play the relay race.                             <ol style="list-style-type: none"> <li>(1) Dribble the ball.</li> </ol>                             (使用前面球感練習的動作完成接力賽，並一次完成兩趟)                         </li> </ul>	5min



◇ 分組練習

活動一:拋托球練習:

- ◇ Two people in a group. Each group only needs one ball.
- ◇ There are two movements in total.
- ◇ 請一位同學協助我示範。
  - (1) Toss the ball and set the ball to your partner.  
自己拋球並托球給你的夥伴。
  - (2) Each person should do 30 times.
  - (3) You need to count from 1 to 30.



活動二:托籃框

- ◇ Everyone needs one ball.
- ◇ 三組各在一個籃框前預備，排隊輪流托球。
- ◇ 每組須合力完成進3顆。(最先完成隊伍獲得獎勵)

總結階段 Summary stage

- ◇ Let's call it off. Do you remember what we learned today?
- 1. 教師提問及課程回饋。
  - (1) Let's review about set.
- ◇ Why do we use setting in the volleyball game?
  - (2) Can anyone share the four key points?
  - (3) 動作回饋。
- ◇ Everyone puts your ball in the basket.
- ◇ 下課。

第一節結束 End of the first session

15min

5 min

第二節

準備階段 Preparation stage

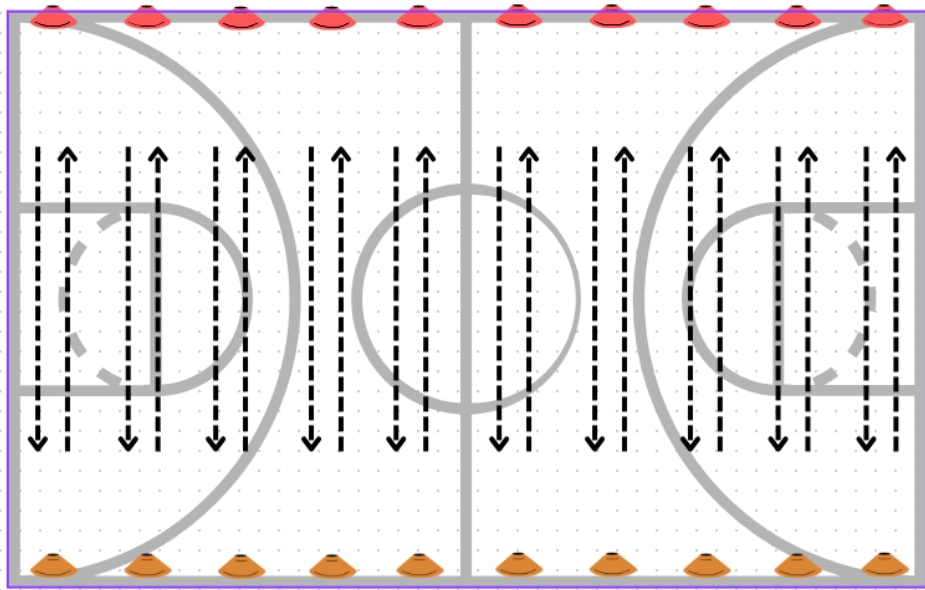
8 min

1. Greeting and roll call.
2. Line up. Make two lines.
3. Run 3 laps.
4. Start warming.
5. Drink some water.

發展階段 Development stage

8min

1. 球感練習：
  - ◇ Two people in a group. Each group only needs one ball.
  - ◇ Every group lines up along the cone.
    - (1) Dribble with you three fingers.
    - (2) Toss and catch.
    - (3) Toss and set.
    - (4) Set.
  - ◇ Every movement should do twice.



5 min

2. 複習：
  - ◇ **First, let's review "How to set?"**  
Who can tell me the four key points?
    - (1) Use your three fingers.
    - (2) Make a triangle.
    - (3) Raise above your forehead.
    - (4) Bend your knees.
  - ◇ Let's talk about rules of set. (連擊/持球)

	<p><b>3. 分組活動</b></p> <p>活動一:托籃框</p> <ul style="list-style-type: none"> <li>◇ Four people in a group. Everyone needs one ball.</li> <li>◇ 五組各在一個籃框前預備，排隊輪流托球。</li> <li>◇ 每組須合力完成進3顆。(最先完成隊伍獲得獎勵)</li> </ul> <p>活動二:拋托球練習:</p> <ul style="list-style-type: none"> <li>◇ Two people in a group. Each group only needs one ball.</li> <li>◇ There are three movements.                             <ol style="list-style-type: none"> <li>(1) Toss the ball and set the ball to your partner. 自己拋球並托球給你的夥伴。</li> <li>(2) One person tosses the ball, and the other catches the ball. 其中一人先進行拋球，另一人將球接住(使用托球手型)。</li> <li>(3) One person tosses the ball, and the other sets the ball. 其中一人先進行拋球，另一人托球。</li> </ol> </li> <li>◇ Each person should do 30 times.</li> <li>◇ You need to count from 1 to 30.</li> </ul> <div data-bbox="399 896 1276 1500" data-label="Image"> </div> <p style="text-align: center;"><b>總結階段 Summary stage</b></p> <ul style="list-style-type: none"> <li>◇ Let's call it off. Do you remember what we learned today?</li> <li>1. 教師提問及課程回饋。                             <ol style="list-style-type: none"> <li>(1) Do I break the rule? Can the ball turn? Can the ball stay for long time?</li> <li>(2) Explain the worksheet.</li> </ol> </li> <li>◇ Everyone puts your ball in the basket.</li> <li>◇ 下課。</li> </ul> <p style="text-align: center;"><b>第二節結束 End of the second session</b></p>	<p>5 min</p> <p>14min</p> <p>5 min</p>
--	---	--

第三節

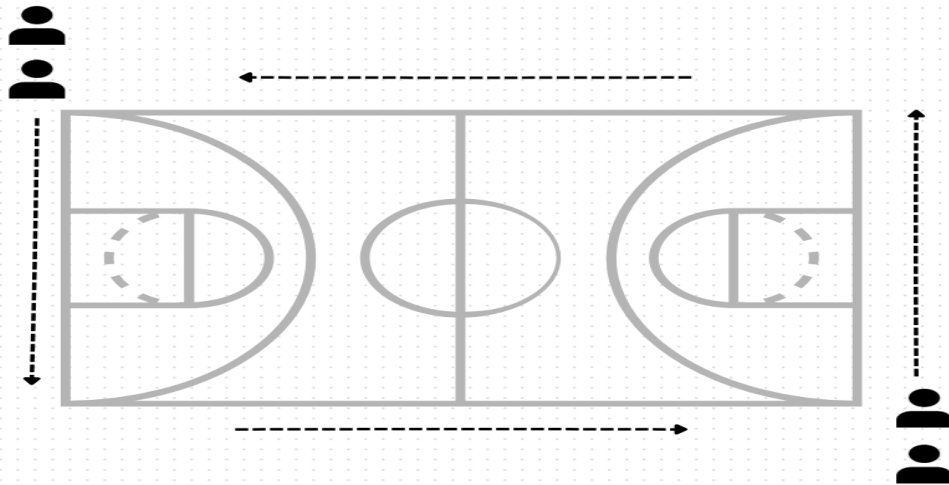
準備階段 Preparation stage

1. Greeting and roll call.
2. Line up. Make two lines.
3. Run 3 laps.
4. Start warming.
5. Drink some water.

8 min

發展階段 Development stage

1. 球感練習：
  - ◇ Everyone takes one ball.
  - ◇ Line up.
    - (1) Dribble with you three fingers.
    - (2) Toss and catch.
    - (3) Toss and set.
    - (4) Set.
  - ◇ Along the white line.



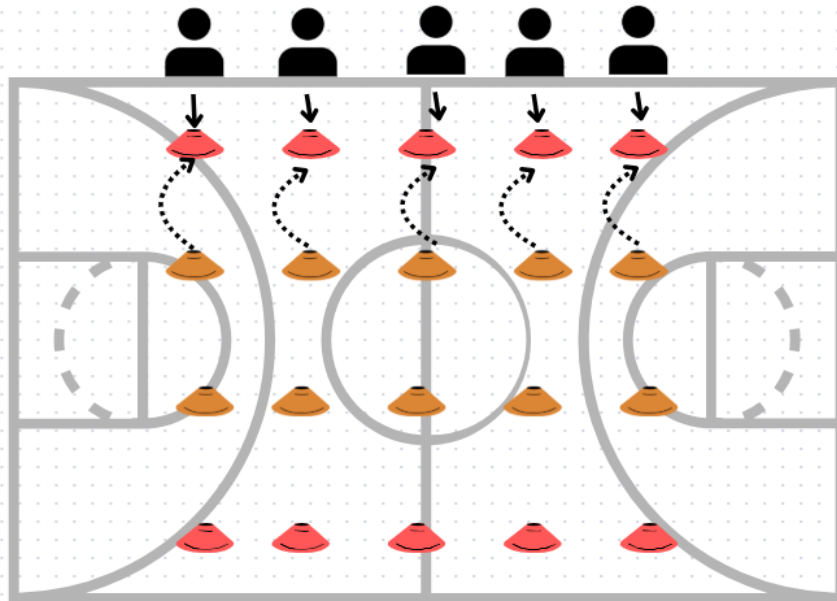
5 min

8 min

2. 複習：
    - ◇ Who remember the four key points?
      - (1) Use your three fingers.
      - (2) Make a triangle.
      - (3) Raise above your forehead.
      - (4) Bend your knees.
    - ◇ Let's talk about the worksheet.
  3. 移動練習：(當夥伴拋球時，向前移動。)
- ◇ Two people in a group. Each group only needs one ball.
  - ◇ There are three movements.
    - (1) One person tosses the ball, and the other moves and catches the ball.  
 其中一人先進行拋球，另一人向移動並接球。
    - (2) One person tosses the ball, and the other sets the ball.  
 其中一人先進行拋球，另一人向前移動並托球。
    - (3) Setting.  
 雙人對托。(利用所學的手法以及定位、移位完成動作)

20min

- ◇ Each person should do 30 times.
- ◇ You need to count from 1 to 30.



4 min

**總結階段 Summary stage**

- ◇ Let's call it off. today. Do you remember what we learned today?
- 1. 教師提問及課程回饋。
  - (1) Which do you think is more difficult?
  - (2) Do you face any difficulties when you practice volley ball.
- 6. Everyone puts your ball in the basket.
- 7. 下課。

**第三節結束 End of the third session**

**參考資料  
References**

※期待雙語教師能逐年使用更多英文撰寫本教案。We are looking forward that you can use more and more English to write this lesson plan year by year.