

本土雙語教育模式之建構與推廣：以臺灣國中小為現場之實踐

雙語課程教案設計

學校名稱 School	彰化縣同安國小	課程名稱 Course	高年級攀岩課程 Rock climbing class for G6
單元名稱 Unit	牆上的勇者 Strive for brave on wall	學科領域 Domain/ Subject	體育 PE
教材來源 Teaching Material	自 編	教案設計者 Designer	楊青澤
實施年級 Grade	六年級 Grade 6	本單元共 <u>6</u> 節 The Total Number of Sessions in this Unit	
教學設計理念 Rationale for Instructional Design	透過自編攀岩入門教學課程，從基本的繩結實作與攀岩安全觀念的建立，融入攀岩競賽遊戲的活動方式，強化學習者的核心肌群鍛鍊與身體協調性的練習，結合本校特色課程規劃本課程，以推展健康與體育課程相關活動，提升本校學生安全攀岩的技巧認知與能力。		
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 B1 符號運用與溝通表達 C2 人際關係與團隊合作	
	領綱 Domain/Subject Guidelines	健體-E-A1 具備良好身體活動與健康生活的習慣，以促進身心健全發展，並認識個人特質，發展運動與保健的潛能。 健體-E-C2 具備同理他人感受，在體育活動和健康生活中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。 英-E-B1 具備入門的聽、說英語文能力。在引導下，能運用所學字詞句型進行簡易日常溝通。	
	校本素養指標 School-based Competences	E-A2 具備探索問題的思考能力，並透過體驗與實踐處理日常生活問題。 E-B1 具備「聽、說、讀、寫、作」的基本語文素養，並具有生活所需的基礎數理、肢體及藝術等符號知能，能以同理心應用在生活與人際溝通。 E-C2 具備理解他人感受，樂於與人互動，並與團隊成員合作之素養。	
學科學習重點 Learning Focus	學習表現 Learning Performance	1d-III-1 了解運動技能的要素和要領。 2c-III-2 表現同理心、正向溝通的團隊精神。 2c-III-3 表現積極參與、接受挑戰的學習態度。	
	學習內容 Learning Contents	Cd-III-1 戶外休閒運動進階技能。 Cb-III-2 區域性運動賽會與現代奧林匹克運動會 Cb-III-3 各項運動裝備、設施、場域。	

<b>學生準備度</b> <b>Students' Readiness</b>	<b>學科準備度 Readiness of Domain/Subject</b> S have experience of doing warm-up. S have experience of playing body weight games. S have experience of wearing harness.	
	<b>英語準備度 Readiness of English</b> <i>S are able to count</i> from 1-100 and identify 8 different colors: red, blue, yellow, green, purple, orange, black, white. <i>S can respond</i> to simple questions using vocabulary such as "ready," "stretch," "right," "left," "up," "down," "put on," "take off," "on belay," "climbing," and "take." They <i>can also identify</i> body parts including the neck, shoulders, arms, hips, knees, elbows, and tiptoes. <i>S understand</i> teacher's instruction in classroom management, e.g. line up, be quiet, attention.	
<b>單元學習目標</b> <b>Learning Objectives</b>	1. Students will be able to understand and apply the basic skills of bouldering and top rope climbing. 學生能理解並應用抱石與頂繩攀岩的基本技巧。 2. Students will be able to apply the basic skills to belaying each other and climbing route setting through team work. 學生能應用基本攀岩技巧以相互保護並透過團隊合作方式設置攀岩路線。 3. Students will be able to tie a double figure 8 knot and rope end knot. 學生能學會完成雙八字結及繩尾結。	
<b>中／英文使用時機</b> <b>Timing for Using Chinese/English</b>	<b>教師 Teacher</b> Use English when : 1. T greets Ss. 2. Teacher leads the warm up and Students count from 1 to 10 and 10 to 1 in every action. (1) Stretch your neck. (look up, down, left, right) (2) Roll your shoulders. (forward, backward) (3) Roll your arms. (forward, backward) (4) Roll your wrists and ankles. (left then right) (5) Roll your hips. (leftward, rightward) (6) Let's do front lunge. (left then right) (7) Let's do side squat. (leftward then rightward) (8) Cross touch knee and elbow. (left knee touch right elbow then right knee touch left elbow) (9) Cross touch tiptoe. (left hand touch right tiptoe then right hand touch left tiptoe) (10) Jumping jack. 4. Check belay and get ready to climb. 確保檢查並準備攀登。 5. T manages the class: Attention! Quiet! Line up! 老師管理班級：注意！安靜！排隊！ Use Chinese when : 1. T explains rules of activities and keep reminding: Never stick your finger into a bolt <b>anchor hole</b> of climbing wall! 老師解釋活動規則並不斷提醒：絕對不可以將手指伸入岩牆上的螺栓錨點孔！ 2. T explain 3 points balance skills and gives	<b>學生 Students</b> Use English when : 1. S answer questions when doing warm-up. 2. S can understand body parts in English. 3. S give route setting instruction with teammates through teamwork. Use Chinese when : 1. S answer questions 2. S discuss with teammates

	feedback. 老師解說 3 點平衡技巧與回饋																			
	3. T introduction to the classification of Rock Climbing and leads the discussion. 老師介紹攀岩的分類與引導討論																			
教學方法 Teaching Methods	講述學習法、示範教學法、合作學習教學法																			
教學策略 Teaching Strategies	互動式提問、納入競賽元素、結合暖身流程、強化互動合作																			
教學資源輔助 器材 Teaching Resources and Aids	1. Belayer (確保器)、Caribiner (彈簧鎖扣)、Harness (吊帶)、Quickdraw(快扣) 2. Flash cards: Belayer、Caribiner、Harness、Belay on、On belay、Climbing、Climb on、Take. 3. Trad, Sport, Free, Free Solo, Aid, Bouldering - Know The Difference ( <a href="https://www.youtube.com/watch?v=DxZbc6PJjHE">https://www.youtube.com/watch?v=DxZbc6PJjHE</a> , FYR) 4. Double f8 and rope end knot filmed by Charlie@20240618. ( <a href="https://www.youtube.com/watch?v=xVxjCD3YNnM">https://www.youtube.com/watch?v=xVxjCD3YNnM</a> , FYR)																			
評量方法 Assessment Methods	1. Q&A, worksheet. 提問與回答，學習單。 2. Practical performance assessment. 實際操作成效評估。 3. Observation of how students work as a team. 觀察學生如何組織一個團隊。																			
評量標準 Rubrics	<table><tr><td><div>評量項目 \ 評量標準</div></td><td>100</td><td>90</td><td>80</td></tr><tr><td>Q&amp;A 25%</td><td>對答如流</td><td>需要一些提示</td><td>需要很多提示</td></tr><tr><td>Route setting guide 25%</td><td>無失誤，8m 完攀。</td><td>墜落或休息 1 次後，8m 完攀</td><td>墜落或休息數次後，放棄。</td></tr><tr><td>Teamwork 25%</td><td>合作良好</td><td>有時未參與</td><td>提示後參與</td></tr></table>				<div>評量項目 \ 評量標準</div>	100	90	80	Q&A 25%	對答如流	需要一些提示	需要很多提示	Route setting guide 25%	無失誤，8m 完攀。	墜落或休息 1 次後，8m 完攀	墜落或休息數次後，放棄。	Teamwork 25%	合作良好	有時未參與	提示後參與
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附件一：攀岩牆上的勇者路線設定學習單 (Strive for brave on climbing wall Route setting worksheet)																				
議題融入 Issues Integrated																				
教學流程 Teaching Procedures																				
第一節	準備階段 Preparation stage  1. Greeting students. 2. Roll call. 3. T: Can you follow me? Ss: Yes, I can. 4. Teacher leads the warm up and Students count from 1 to 10 and 10 to 1 in every action. (1) Stretch your neck. (look up, down, left, right) (2) Roll your shoulders. (forward, backward) (3) Roll your arms. (forward, backward)			時間 Time																
				5 min																

	<p>(4) Roll your wrists and ankles. (left then right)            (5) Roll your hips. (leftward, rightward)            (6) Let's do front lunge. (left then right)            (7) Let's do side squat. (leftward then rightward)            (8) Cross touch knee and elbow. (left knee touch right elbow then right knee touch left elbow)            (9) Cross touch finger and toe. (left hand touch right toe then right hand touch left toe)            (10) Jumping jack.</p> <p>5. T: Everyone have a water break and sit down.</p> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p style="text-align: center;">Ice breaker game time: Animal crawling</p> <p>6. T: Do you like play game?            7. S: Yes, we do.            8. T: OK, Let's play animal crawl game.            9. T: I'll show you how to play this game.            10. T: Use your both hand and feet. Try to walk with hand or foot on hula hoop. 用你的手和腳。嘗試用手或腳在呼啦圈上行走。            11. T: The whole class is divided into two groups, one group with odd numbers and one group with even numbers.            全班分兩組，單號一組，雙號一組。            12. T: Give the relay a high five when you're done.            當你完成後以擊掌方式接力。            13. T: Game on! 遊戲開始!            14. T: Everyone take a water break after game over.            ..... A few minutes later.</p> <p>15. T: 攀岩運動的分類有: Trad, Sport, Free, Free Solo, Aid, Bouldering (<a href="https://youtu.be/DxZbc6PJjHE">https://youtu.be/DxZbc6PJjHE</a>, FYR)。以地點和攀登方式加以分類:            **以地點分類:            (1)戶外: 戶外的天然岩壁上攀登。            (2)室內: 室內人工岩場攀登。            (3)抱石: 不利用繩索，一定高度下進行路線的攀登。            **以攀登方式分類:            * (1)運動攀登 (Sport Climbing): 與傳統攀登不同之處是，攀登路線已預先設置保護點，如耳片 (bolts)，攀登者不須要自行放置保護點，只需要扣上快扣 (quickdraws)，並以繩索保護。攀岩運動發展至今，因技術及器械的進步與推廣攀岩運動的目的，運動攀登因安全、入門容易等因素，目前已成為攀岩界的主流攀登方式。            * (2)抱石 (Bouldering): 不利用繩索，在安全的高度 (約六米以下) 進行的攀登。不用繩索的攀登方式，而是使用抱石墊。注意抱石須與獨攀 (free solo) 有所區別。獨攀屬危險性極高之攀岩運動。</p>	<p>10 min</p> <p>5 min</p>
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已註解 [c1]:



	<p>* (3) 世界攀登錦標賽(IFSC Climbing World Championships) 是由國際運動攀登總會 (IFSC) 主辦的兩年一度世界性運動攀登賽事。比賽分為男女難度攀登 (Lead Climbing)、抱石 (Bouldering) 和速度攀登 (Speed Climbing) 項目，此外於 2012 年起增設全能項目，比賽成績由上述三項進行競賽並加以排名。(PS: WORLD RECORDS MEN: 12 April 2024, 4.79s SAMUEL WATSON USA <a href="#">IFSC World Cup Wujiang 2024</a>, FYR. WORLD RECORDS WOMEN: 15 September 2023 6.24s ALEKSANDRA MIROSLAW POL <a href="#">IFSC European Qualifier Rome 2023</a>, FYR.)</p> <p>16. T: Do you know how to climb safely? How did you do it ? 17. S: Use hand and leg.... (S can answer in Chinese) 18. T: Let me show you “<b>3 points balance skills</b>”. 我來示範 3 點平衡的技巧嗎? (3 點不動 1 點動的技巧) 19. T: When you move your body. Only one hand or leg at a time to keep balance.當你移動你的身體時。一次只移動一隻手或腿以保持平衡。 20. T: And I'll show you how to “Bouldering”. 21. T: When you climb on the wall. Make sure move one leg or one hand at a time and keep 3 points on the climbing wall. 當你在攀岩牆上時。確保一次只移動一條腿或一隻手，並在攀岩牆上保持 3 點不動以維持平衡。 22. T: Always stand on your both feet or roll your body when you jump down. Never put your hand on the ground, so you don't get hurt! 當跳下時務必以雙腳站立或滾動身體。切勿將手撐在地上，以免受傷! 22. T: Do you understand? 你明白了嗎? 23. S: Yes, I do! 24. T: Okay! Let's take turn to practice <b>Bouldering with belay</b> and <b>3 points balance</b> skills. 25. T: Belayer must stand right behind the climber about 2-3 steps away for your safety. 為了您自身的安全，保護者必須站在登山者身後約 2-3 步遠處。 26. T: And keep your knees and elbows flexible, so you don't get hurt when climber falls down. 並保持膝蓋和肘部靈活，攀登者跌落時你才不會受傷。 27. T: Will, you climb first. Eason, you belay Will. 28. T: Will, try to stretch you hand and catch the red rock on left. 29. T: Good job! 30. T: Eason, raise right leg and step on the green rock on left. 31. T: Nice foot work. 32. T: Tina and Joy, you two are next. (S take turn to practice “Bouldering with Belay” in pairs)</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p>	<p>10 min</p> <p>5 min</p>
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	<p>33. T: It's about time to take a break. If you are not practice "Bouldering with Belay" in pairs yet. You can do it on next class.</p> <p>34. T: Do you like rock climbing? Is it hard for you? 你們喜歡攀岩嗎？攀岩會很困難嗎？</p> <p>35. S: It's so easy/hard.....(S share their opinions)</p> <p>36. T: Let's take a break and see you later. Don't forget to drink some water.</p> <p style="text-align: center;"><b>第一節結束 End of the first session</b></p>	5 min
第二節	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p>1. Greeting students. 2. Roll call. 3. T: Let's continue practice "Bouldering with Belay". Do you guys ready? 4. S: Yes, we do. 5. T: Before we climb. Let me remind and show you again. When you climb on the wall. 6. T: Make sure move one leg or one hand at a time and keep 3 points on the climbing wall. 7. T: <i>Always stand on your both feet or roll your body when you jump down. Never put your hand on the ground, so you don't get hurt!</i> 8. T: Belay must stand right behind the climber about 2-3 steps away for your safety. 9. T: Do you understand? 10. S: Yes, I do! 11. T: Okay! Let's take turn to practice <b>Bouldering with belay</b> and <b>3 points balance</b> skills.</p> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p>12. T: Who want to go first? 13. T: Jim you climb first, and Ron you belay Jim. 14. T: Nice job! Jim. 15. T: Rayon and Sam, you two are next. 16. T: Rayon, just move one leg or one hand at a time and keep 3 points on the climbing wall. 17. T: Take your time. Move steady. 18. T: Jerry and Paul, you two are next. (S take turn to practice "Bouldering with Belay" in pairs) 19. T: Next, let's play "Press the horn time trial" game. 接著，我們來玩按喇叭計時比賽，看哪一隊最快完成。 20. T: Everyone try to Bouldering with Belay in pairs then press the horn. Let's take time trial to see who is the winner. 每兩人一組試試看抱石與確保，然後按喇叭。然後，我們</p>	<p>5 min</p> <p>10 min</p> <p>20 min</p>

	<p>來進行計時賽，看看誰是贏家。</p> <p>21. T: Let's group into 6 team for all, 2 or 3 person as a team. Then take turn to Bouldering. 全班分成 6 小隊，2 或 3 人為一隊。然後輪流抱石完成任務。</p> <p>22. T: Team 1 go first, then team 2.</p> <p>23. T: We'll play the game by turns.</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p> <p>24. T: You all did a great job for the game, well done!</p> <p>25. T: Do you think rock climbing is it hard for you? 你們覺得攀岩會很困難嗎？</p> <p>26. S: If you are strong, it's easy. If not, it's hard. (S share their opinions in English or Chinese)</p> <p>27. T: It's about time to finish today's lesson and see you next week.</p> <p style="text-align: center;"><b>第二節結束 End of the first session</b></p>	5 min
第三節	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p>1. Greeting students.</p> <p>2. Roll call.</p> <p>3. T: Can you follow me? Ss: Yes, I can.</p> <p>4. Teacher leads the warm up and Students count from 1 to 10 and 10 to 1 in every action.</p> <p>(1) Stretch your neck. (look up, down, left, right)</p> <p>(2) Roll your shoulders. (forward, backward)</p> <p>(3) Roll your arms. (forward, backward)</p> <p>(4) Roll your wrists and ankles. (left then right)</p> <p>(5) Roll your hips. (leftward, rightward)</p> <p>(6) Let's do front lunge. (left then right)</p> <p>(7) Let's do side squat. (leftward then rightward)</p> <p>(8) Cross touch knee and elbow. (left knee touch right elbow then right knee touch left elbow)</p> <p>(9) Cross touch finger and toe. (left hand touch right toe then right hand touch left toe)</p> <p>(10) Jumping jack.</p> <p>5. T: Everyone have a water break and sit down.</p> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p style="text-align: center;">Ice breaker game time: Hula Hoop Ball Passing</p> <p>6. T: Game rules: The whole class is divided into two groups. The first person takes the ball and runs to the first hula hoop on the ground, and then passes the ball to the second person until the last person places the ball in the last hula hoop. That is to complete the task.</p>	<p>5 min</p> <p>5 min</p>

	<p>遊戲規則解說: 全班分為兩組，第一人帶球跑到地上的第一個呼拉圈內，接著再傳球給第二位，直到最後一位將球放置於最後一個呼拉圈內完成任務。</p> <p>7. T: Let me show you how to play. (T show how to play)</p> <p>8. T: If know how to play this game. Please raise you hand.</p> <p>9. T: Ok. Let's play the game. (After the game time is over)</p> <p>10. T: We've just learned what's Bouldering on last week. Next, I'll show you the basic skills of "Top Rope climbing". Please notice the following 3 reminders: 上一節課我們已經學會了抱石的攀爬，接下來我來示範“頂繩”攀爬的基本技巧。請注意以下 3 個提醒：：</p> <p>(1) Use your toe and 3 points balance skill. (2) Stretch your arms and raise your legs to climb. (3) Say: TAKE! when you need a break or go down.</p> <p>11. T: Belaying is important in Top Rope climbing and Bouldering. 頂繩攀登和抱石的”安全確保”都很重要。</p> <p>12. T: Let's review climbing passwords. (T as Belayer and S as Climber. Climbing passwords show in flash card)</p> <p>(1) S: On belay. (確保檢查) (2) T: Belay on. (確保完成) (3) S: Climbing. (準備攀登) (4) T: Climb on. (開始攀登)</p> <p>13. T: Please, put on your harness and get ready to climb. 請穿上安全吊帶，準備好之後開始攀登。</p> <p>14. T: Be sure to remember! Use climbing passwords when you are ready to climb.</p> <p>15. T: When you're on the top or you want to take a break, say: TAKE! I'll belaying your safety. 當你登頂或想休息一下時，說：TAKE！我會保護你的安全。</p> <p>16. T: While going downward (rappelling downward), ensure your both hands remain on the rope and kick the wall gently with your feet. 向下（向下垂降）時，確保雙手保持在繩索上，並用腳輕輕踢牆。</p> <p>17. T: When you touch the ground. Please, go back in line. Are you ready?</p> <p>18. S: Yes, I do.</p> <p>19. T: Let's do some practice.</p> <p>20. T: Everyone try "Top Rope Climbing" one by one.</p> <p>21. T: Will, you climb first.</p> <p>22. S: OK!</p> <p>23. T: Ryon, you climb next. (S take turn to practice "Top Rope Climbing")</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p>	<p>5min</p> <p>20min</p>
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	<p>24. T: Ryan did a great job! Can you come up and show us how you climb?</p> <p>25. B: OK. (Ryan show his climbing skills)</p> <p>26. T: Do you have any other way to climb easier? (Encourage students share their opinions.)</p> <p>27. S: Raise your leg. / Use your toe to climb. /Stretch your hand to grab a rock.... (鼓勵學生分享攀爬經驗，中英文回答皆可：盡量伸展你的身體，用你的腳尖去攀爬，伸長手去抓岩塊....)</p> <p>28. T: All these are great skills for climbing!</p> <p>29. T: Let's take a break before next class.</p> <p>30. T: Please take off your harness and give it back before you leave class. 請在下課前脫下攀岩吊帶並放回原處。</p> <p style="text-align: center;"><b>第三節結束 End of the second session</b></p>	5min
第四節	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p>1. T: We've just learned the basic skills of "Top Rope Climbing". Be sure to notice the following 3 reminders: 上一節課我們已經學會了"頂繩" 攀爬的基本技巧。請注意以下 3 個提醒：：</p> <p>(1) Use your toe and 3 points balance skill. (2) Stretch your arms and raise your legs to climb. (3) Say: TAKE! when you need a break or go down.</p> <p>2. T: Let's review climbing passwords. (T as Belay and S as Climber. Climbing passwords show in flash card)</p> <p>(1) S: On belay. (2) T: Belay on. (3) S: Climbing. (4) T: Climb on.</p> <p>3. T: Put on your harness and get ready to climb. 請穿上安全吊帶，準備好之後開始攀登。</p> <p>4. T: When you want to take a break, you must say: TAKE! And I'll belaying your safety. 當你想休息一下時，務必要說：TAKE! 我會確保你安全。</p> <p>5. T: When you want to go down, make sure your both hands remain on the rope and kick the wall gently with your feet. 當你要下來時，務必將雙手放在繩索上，用腳輕輕踢牆。</p> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p>6. T: Let's practice "Top Roping Climbing" one by one.</p> <p>7. T: This time, we'll add 3 "Quickdraw" with your harness. 這一次，您的安全吊帶要扣上 3 組"快扣"。</p> <p>8. T: While climbing up, try to put a "Quickdraw" into hole of a bolt. 爬上去時，試著將"快扣"放入螺栓耳片的孔中。</p>	<p>5 min</p> <p>5 min</p>

	<p>9. T: When you go down, you should take off all these the 3 “Quickdraw” that you just put in. 你要下來時，必須要取下這3組”快扣”。</p> <p>10. T: OK, let’s practice one by one. 我們來一個接著一個來練習。 (S practice one by one in 15 minutes)</p> <p>11. T: Now, Let’s play a time trial game called “Top Roping with 3 Quickdraws”</p> <p>12. T: Here is the game rules: Make sure all 3 Quickdraw are put into hole of a bolt, and take them off when you go down. 確保所有 3 個快扣都放入螺栓耳片孔中，並在您下來時將它們取下。</p> <p>13. T: For safety reason, we only record put 3 Quickdraw into hole of bolt’s time only. 為了安全考量，我們只記錄放入 3 個快扣的時間。</p> <p>13. T: Who want to climb first?</p> <p>14. T: Jerry, you climb first.</p> <p>15. S: On Belay?</p> <p>16. T: Belay on.</p> <p>17. S: Climbing?</p> <p>18. T: Climbing on.</p> <p>19. S: Take.</p> <p>20. T: Jerry, don’t forget to take 3 Quickdraw off when you go down.</p> <p>21. S: OK.</p> <p>22. T: Who want to climb next?</p> <p>23. T: Jason, you climb next. (Students take turn to play the game)</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p> <p>24. T: Jerry did a great job! Can you tell us how you climb so good?</p> <p>25. S: Raise your leg, stretch your hand to grab a rock. 腳要抬起來，手盡量伸長去抓取岩塊</p> <p>26. T: Do you have any other way to climb easier? (Encourage students share their opinions.)</p> <p>27. S: Raise your leg. ; Use your toe to climb. ; Stretch your hand.</p> <p>28. T: All these are great skills for climbing!</p> <p>29. T: Time is up, please take off your harness and give it back before you leave this class.</p> <p style="text-align: center;"><b>第四節結束 End of the second session</b></p>	<p>15 min</p> <p>10 min</p> <p>5 min</p>
<p><b>第五節</b></p>	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p>1. Greeting students.</p> <p>2. Roll call.</p> <p>3. T: Can you follow me? Ss: Yes, I can.</p> <p>4. Teacher leads the warm up and Students count from 1 to 10 and 10 to 1 in every action.</p>	<p>5 min</p>

	<p>(1) Stretch your neck. (look up, down, left, right)</p> <p>(2) Roll your shoulders. (forward, backward)</p> <p>(3) Roll your arms. (forward, backward)</p> <p>(4) Roll your wrists and ankles. (left then right)</p> <p>(5) Roll your hips. (leftward, rightward)</p> <p>(6) Let's do front lunge. (left then right)</p> <p>(7) Let's do side squat. (leftward then rightward)</p> <p>(8) Cross touch knee and elbow. (left knee touch right elbow then right knee touch left elbow)</p> <p>(9) Cross touch finger and toe. (left hand touch right toe then right hand touch left toe)</p> <p>(10) Jumping jack.</p> <p>5. T: Everyone have a water break and sit down.</p>	
	<b>發展階段 Development stage</b>	
	<p>6. T: We've just learned what's "Top Rope Climbing" on last class. Next, we'll learn how to set the climbing route to climb easier. 上一節課我們已經學會了頂繩攀登的技巧。接下來，我們來學習如何設置攀岩路線以更輕鬆方式攀爬。</p> <p>7. T: Let me show you how to set a climbing route.</p> <p>8. T: Take your work sheet and try to set some rock spot as your route to climb.</p>	5 min
	<p>拿起你的學習單，試著設定一些攀岩點來作為攀登的路線。</p> <p>9. T: Let's take 5 minutes to finish your worksheet.</p> <p>10. T: I'll set 4 teams for you all to team work your worksheet.</p> <p>11. T: Team 1: Jerry, Ryan, Ron.</p> <p>12. T: Team 2: Jason, Jim, Sam.</p> <p>13. T: Team 3: Will, Einn, Paul.</p> <p>14. T: Team 4: Joe, Eve, Tina, John.</p> <p>15. T: Let's get going.</p> <p>16. T: Time's up! Do you finish your worksheet yet?</p> <p>17. S: Yes, I do.</p>	5 min
	<p>18. T: First, let's see how Team 1's work done.</p> <p>19. S: We'll grab the green rock on the right hand first.</p> <p>20. S: Then, blue rock on the left hand.</p> <p>21. S: Right toe on gray rock, left toe on white rock. (Students will answer according to the actual situation.)</p> <p>22. T: Nice work! Jerry. Next, let's see how team 1 really work on climbing wall.</p>	5 min
	<p>23. T: Team 1, get ready to climb with your route setting.</p> <p>24. S: OK!</p> <p>25. T: 請指派一位代表，並依照你們預先設定的路線攀登。</p> <p>26. T: 攀登過程中，請組員們嘗試用英文引導他完成攀登。</p> <p>27. T: Jerry, please put on your harness before climbing.</p> <p>28. T: Don't forget the climbing safety password before climbing.</p> <p>28. S: On belay?</p> <p>29. T: Belay on.</p> <p>30. S: Climbing?</p> <p>31. T: Climb on.</p>	15 min

	<p>32. S: Jerry, grab the green rock on the right hand first.</p> <p>33. S: Then, blue rock on the left hand.</p> <p>34. S: Right toe on gray rock, left toe on white rock. (Students will answer according to the actual situation.)</p> <p>35. T: Team 2 and 3 Please, get ready to climb with your route setting.</p> <p>36. T: 攀登過程中，請組員們嘗試用英文引導他完成攀登。</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p> <p style="text-align: center;">Time for discussion.</p> <p>37. T: Team1 did a good job! Can any one of you come up and show your climbing skill again?</p> <p>38. S: OK.</p> <p>39. T: Do you have any other way to climb easier? (Encourage students share their opinions.)</p> <p>40. S: Raise your leg. / Use your tiptoe to climb. /Stretch your hand to grab a rock. / Grab or step on a picky rock. (盡量伸展你的身體，用腳尖去攀爬，手伸長去抓岩塊，盡量去抓或踏在比較好抓的岩塊)</p> <p>41. T: That's a good answer for climbing!</p> <p>42. T: We'll take a break before Team 2's show us how their work.</p> <p>43. T: Please take off your harness and give it back before you leave.</p> <p style="text-align: center;"><b>第五節結束 End of the second session</b></p>	5 min
第六節	<p style="text-align: center;"><b>準備階段 Preparation stage</b></p> <p>1. Greeting students.</p> <p>2. Roll call.</p> <p>3. T: Before "Team 4" show us how their work. Let's review climbing password. Please repeat after me: (C) On belay (B) Belay on (C) Climbing (B) Climb on.</p> <p>4. T: Be sure to notice the following 3 reminders: (1) Use your toe and 3 points balance skill. (2) Stretch your arms and raise your legs to climb. (3) Say: TAKE! when you need a break or go down.</p> <p>5. T: Team 4, Get ready to climb.</p> <p>6. T: Don't forget the climbing safety password before climbing.</p> <p>7. S: On belay?</p> <p>8. T: Belay on.</p> <p>9. S: Climbing?</p> <p>10. T: Climb on.</p> <p style="text-align: center;"><b>發展階段 Development stage</b></p> <p>11. T: Next, we'll play a time trial game for <u>8m rock climbing with 5 different colors rock</u>. Here's game rules and 5 safety reminders. (1) Never stick your finger into a bolt! (2) When you hear, "Climb on!" you can start climbing.</p>	<p>5min</p> <p>30min</p>

	<p>(3) When you're on the top or want to take a break you should say, "TAKE!" 當你登頂或想休息時，你要說，TAKE!</p> <p>(4) While going down, make sure hold the rope with your two hands and feet kick on the wall to keep balance. 向下時，確保雙手保持在繩索上，並用腳輕踢牆以保持平衡。</p> <p>(5) Climbing route must have 5 different colors.</p> <p>12. T: When you touch the ground, please go back in line.</p> <p>13. T: Are you ready? S: Yes!</p> <p>14. T: Let's review climbing passwords. Please, repeat after me.</p> <p>15. S: On belay.</p> <p>16. T: Belay on.</p> <p>17. S: Climbing.</p> <p>18. T: Climb on.</p> <p>19. T: Great! Let's take turn to climb. Are you ready?</p> <p>20. S: Yes, I am ready.</p> <p>21. T: Who want to be the first?</p> <p>22. T: Jerry, would you like to climb first?</p> <p>23. S: OK.</p> <p>24. T: Jerry, please get ready to climb.</p> <p>25. S: On belay?</p> <p>26. T: Belay on!</p> <p>27. S: Climbing?</p> <p>28. T: Climb on!</p> <p>29. T: Try to stretch your right/left hand to the red rock.</p> <p>30. S: Okay.</p> <p>31. T: Nice job! Jerry.</p> <p>32. T: Try to step your right/left foot to the green rock.</p> <p>33. S: Yes, I did it.</p> <p>34. T: Good job! Jerry.</p> <p>35. T: Say" TAKE "when you reach to the top.</p> <p>36. S: Take!</p> <p>37. T: Jerry's climbing time is 30 seconds. That's great!</p> <p>38. T: Going down safely. Just enjoy it! Jerry.</p> <p>39. T: Remember! when you are going down, keep your hands on rope and kick the wall gently with your feet.</p> <p>40. S: Ok, I got it.</p> <p>41. T: When you go down and reach the ground. Please stand steady on your feet. Keep balance and stay safe. 當您下降並到達地面時，保持平衡並確保安全。</p> <p>42. T: Who want to climb next?</p> <p>43. S: Me! (Students take turn to climbing)</p> <p style="text-align: center;"><b>總結階段 Summary stage</b></p> <p style="text-align: center;">Time for discussion.</p> <p>44. T: Why can someone climb faster? What are their skills? 為什麼有人可以爬的比較快? 他們有什麼技巧呢?</p> <p>45. S: They are stronger.</p> <p>46. T: That's a good answer. What else?</p> <p>47. T: Because they use the basic climbing skills.</p>	5min
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	<p>48. T: Let's review again: (1) use toe. (2) use leg. (3) climb with straight arms. (4) 3 points balance.</p> <p>49. T: That's all for this lesson. Please put your harness back in place.</p> <p>50. T: Please finish worksheet and turn in before you leave.</p> <p style="text-align: center;"><b>第六節結束 End of the forth session</b></p>	
	<p>參考資料來源：</p> <ol style="list-style-type: none"> <li>1. 攀岩 Climbing <a href="https://www.slideserve.com/brooks/climbing">https://www.slideserve.com/brooks/climbing</a></li> <li>2. Netknots.com® <a href="https://www.netknots.com/rope_knots/figure-eight">https://www.netknots.com/rope_knots/figure-eight</a></li> <li>3. 攀岩 <a href="https://zh.m.wikipedia.org/zh-tw/攀岩">https://zh.m.wikipedia.org/zh-tw/攀岩</a></li> <li>4. Trad, Sport, Free, Free Solo, Aid, Bouldering - Know The Difference <a href="https://youtu.be/DxZbc6PJjHE">https://youtu.be/DxZbc6PJjHE</a></li> <li>5. 國際運動攀登總會 International Federation of Sport Climbing IFSC <a href="#">WORLD RECORDS</a></li> <li>6. 世界攀登錦標賽 <a href="#">IFSC Climbing World Championships</a></li> <li>7. 攀岩術語表 <a href="#">Rock Climbing Glossary</a>.</li> <li>8. What to Expect at the Climbing Wall   Advice For First Timers: <a href="#">Hannah (right) at her local wall</a>.</li> <li>9. Olympics.paris.2024@<a href="#">sport-climbing</a></li> <li>10. Sport climbing. <a href="https://en.wikipedia.org/wiki/Sport_climbing">https://en.wikipedia.org/wiki/Sport_climbing</a></li> </ol> <p style="text-align: center;">附件一：攀岩牆上的勇者路線設定學習單 (Strive for brave on climbing wall route setting worksheet)</p>	

附件一：攀岩牆上的勇者路線設定學習單 (Strive for brave on climbing wall route setting worksheet)

Class: \_\_ No: \_\_ Name: \_\_\_\_\_

## 攀岩牆上的勇者路線設定學習單

