

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

The Design of Bilingual Lesson Plan

※以下表格採中文或英文填寫皆可，然鼓勵以英文填寫。The blanks can be filled in Chinese or English, but English is encouraged.

※雙語教案撰寫時，請使用中字標楷體、英字 Times New Roman、字體 12、單行距，並以 Word 及 PDF 檔案進行繳交。

學校名稱 School	大榮國小 Da Rong Elementary School		課程名稱 Course	Very Volley – Volleyball
單元名稱 Unit	Volleyball		學科領域 Domain/ Subject	Bilingual Teaching of Physical Education
教材來源 Teaching Material	康軒健體領域第十冊		教案設計者 Designer	龔峴萱
實施年級 Grade	Grade 5		This unit has 4 sessions in total	
教學設計理念 Rationale for Instructional Design	Students are able to enjoy volleyball games after the introduction of basic volleyball techniques. Volleyball is a game that highlights teamwork which will not only stimulate students' learning motives but also enhance students' sense of belonging in the class.			
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 A2 系統思考 與 解決問題 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-B1 具備運用體育與健康之相關符號知能，能以同理心應用在生活中的活動、保健與人際溝通上。 健體-E-C2 具備同理他人感受，在體育活動中樂於與人互動、公平競爭，並與團隊成員合作，促進身心健康。		

	校本素養指標 School-based Competences	※若無則免填。Please skip if there is no school-based curricula.	
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。 3c-III-1 表現穩定的身體控制和協調能力。 3d-III-2 演練比賽中的進攻和防守策略。 4d-III-1 養成規律運動習慣，維持動態生活。 ※請填寫最重要的二至三項。Please specify the most important two or three items.	
	學習內容 Learning Contents	Ha-III-1 網／牆性球類運動基本動作及基礎戰術。	
學生準備度 Students' Readiness	Readiness of Domain: 1. Students had experience in working with other sports balls, such as basketball, soccer and Tee-Ball, etc. 2. Students are able to conduct proper warm-up activities. 3. Students are able to conduct assigned stretches. 4. Students are aware of the importance of sports safety.		
	Readiness of English 1. Students understand basic classroom English. 2. Students can follow basic English commands. 3. Students can pronounce the on-going warm-up positions while conducting them. 4. Students are able to count from 1 to 20. 5. Students are able to say the names of body parts, as head, shoulders, knees, legs, foot/feet, fingers, arms and wrists. 6. Students are responsive to commands as followed: a. “Are you ready?” “Yes” b. Pair up c. Line up d. Warm up		
單元學習目標 Learning Objectives	1.了解排球傳球及發球的動作要領。 2.表現排球傳球及發球的動作技能。 3.能在遊戲中與同伴良好互動，並表現參與、接受挑戰的學習態度。 4.課後持續練習，增進排球擊球、發球的熟練度。		
中／英文使用時機 Timing for Using Chinese/English	教師 Teacher		學生 Students
	1.在說明活動或運動技巧時,可以中、英交互運用，並解釋中英對照意思。 2.課室用語,盡量以英文說明。 3.專業術語部分,可使用英文,並適時以中文說明。		1．學生可以中文提問、回答問題及進行討論。 2．鼓勵學生能以英文提問、回答問題,並進行小組討論及分享。

教學方法 Teaching Methods	1.協同教學 4. 合作學習 2.講述教學 3.示範教學																			
教學策略 Teaching Strategies	一、學科教學內容： 1.學習排球低手傳球、高手傳球、托球及低手發球的動作技巧,進而運用這些技巧進行簡易的排球接發球競賽活動。 2.分析比較低手傳球及高手傳球的時機及運用目的。 二、英文教學內容： 1．使用中、英文及肢體語言來教授體育技巧及說明活動內容,並輔以學習單幫助學生學習及複習課堂上所使用的英文。 2．互動式提問。																			
教學資源及輔助器材 Teaching Resources and Aids	排球、簡易羽球網、角錐、粉筆、口哨、學習單																			
評量方法 Assessment Methods	1. 形成性評量:教師在學生的學習過程 ,藉由提問及觀察了解學生是否能跟上排球學課程之進度,以及是否能有效接收英語文的指令及說明。 2. 總結性評量: (1) 認知 30%：利用學習單測驗排球技巧之動作要領,及排球相關之英文專有名詞等知識。 (2) 情意 20%：利用學習單檢核自己對於雙語排球課程的收穫、心得及建議。 (3) 技能 50%：實作測驗低手傳球、高手傳球及低手發球的動作,並以能連續做到 5 次為及格標準；聽到排球動作相關英文後,能做出該動作。																			
評量標準 Rubrics	<table><tr><td></td><td>Excellent 優秀</td><td>Good 普通</td><td>Needs Improvements 待加強</td></tr><tr><td>Underhand Pass 低手傳球</td><td>☐ 傳球時擊球點正確，雙臂打直，控球穩定</td><td>☐ 傳球時了解擊球點，雙臂偶爾彎曲，控球不是很穩定</td><td>☐ 控球不穩定</td></tr><tr><td>Squatting Footwork 蹲低腳步</td><td>☐ 膝蓋保持彈性，腳步能隨著球路前後調整</td><td>☐ 腳步雙腳平行，然而膝蓋與腳步仍無法彈性調整</td><td>☐ 腳步無法因應托球時所需進行調整</td></tr><tr><td>Underhand serve 低手發球應用</td><td>☐ 能應用低手發球擊中目標物</td><td>☐ 偶爾能擊中目標物</td><td>☐ 幾乎無法擊中目標物</td></tr></table>					Excellent 優秀	Good 普通	Needs Improvements 待加強	Underhand Pass 低手傳球	☐ 傳球時擊球點正確，雙臂打直，控球穩定	☐ 傳球時了解擊球點，雙臂偶爾彎曲，控球不是很穩定	☐ 控球不穩定	Squatting Footwork 蹲低腳步	☐ 膝蓋保持彈性，腳步能隨著球路前後調整	☐ 腳步雙腳平行，然而膝蓋與腳步仍無法彈性調整	☐ 腳步無法因應托球時所需進行調整	Underhand serve 低手發球應用	☐ 能應用低手發球擊中目標物	☐ 偶爾能擊中目標物	☐ 幾乎無法擊中目標物
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議題融入 Issues Integrated	※無則免填，若有，請填寫至多兩項。Please write down no more than two issues if there is any.																			

教學流程 Teaching Procedures

※以下欄位若活動內容是需要使用英文進行，請以英文撰寫，並須依據前面的中/英文使用時機撰寫。Please use English to specify your teaching activities that are executed in English in the classroom based on the timing for using Chinese/English section.

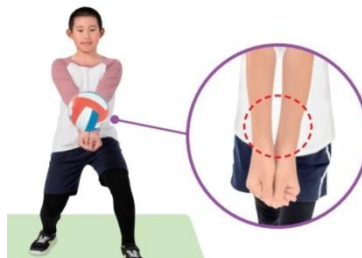
第一節	第一節 Preparation stage	時間 Time
	《活動 1》暖身 (Warm up) Greeting students and checking students' attendance. T: Is anyone not feeling well today? Please let me know, and you may take a break from this lesson. T: Be warm-up exercise formation, spread out. S: Spread out. The PE class leader leads the warm up exercise. (1) Neck exercise (2) Shoulder circles (3) Arm circles (4) Hip circles (5) Knee to chest (6) Leg stretches (7) Wrists and ankles circles (8) Jumping Jack twenty times. PE leader: "Run 2 laps" T: "You may take a water-break for one minute." The teacher introduced the English word volleyball and announced that the next lesson would be related to volleyball. Development stage 《活動 1》低手傳球(Underpass) (一)教師說明並示範「低手傳球」動作要領： 1. T: With your hands outstretched and palms facing up. T: Palms folded and clenched. T: Arms stretched out and clamped. 低手傳球姿勢  圖一 低手傳球手部動作	8 minutes 5minutes

2. 擊球動作：

T: When hitting the ball, stand with your feet open back and forth.

T: Bent your knees slightly.

T: Hit the ball 5~15 cm above your wrist.



圖二 低手傳球姿勢

(二)教師示範後請學生練習，練習時教師從旁觀察，適時給予指導與協助。

(三)重點歸納：學會排球低手傳球。

《活動 2》雙人持球擊球

(一)教師說明「雙人持球擊球」活動規則：

1. 2 人一組，一人持球，另一人以低手傳球姿勢預備。

T: Pair up.

T: One person holds the ball and the other prepares in a underhand passing position.

2. 持球者雙手持球於擊球者前臂上方，擊球者蹬腿、手臂順勢上抬擊球。

3. 一個人練習擊球 10 次後，兩人就角色互換。

T: After one person hitting the ball 10 times, then switch.



圖三 雙人持球擊球

(二)各組進行活動時，教師從旁觀察，適時給予指導和協助。

(三)重點歸納：練習雙人持球擊球。

《活動 3》拋球與擊球(Tossing and batting)

(一)教師說明「拋球與擊球」活動進行方式：

1. 單人拋擊練習：

T: Hit the ball upwards with a underhand pass.

T: Please shout "Hit" when you're playing the ball.

5minutes

3minutes



圖四 單人拋擊

2. 雙人拋擊練習

T : One throws the ball and the other hits the ball back with a underhanded pass.

T : People who threw the ball shouted "throw", and the other one who passed the ball back shouted "pass".

6minutes



圖五 雙人拋擊

(二)老師請同學輪流出來示範單人拋擊動作。

T : Are there any volunteers to show?

T : Awesome!Let's give him/her a big hand.

T : How did you make it?

T : Thank you for sharing.

T : Any volunteers?

T : Let's cheer for our classmates!

T : Does anyone know how to improve?

4 minutes

(三) 老師請各組同學輪流出來示範雙人拋擊動作。

T : Are there any volunteers to show?

T : Awesome!Let's give him/her a big hand.

T : How did you make it?

T : Thank you for sharing.

T : Any volunteers?

T : Let's cheer for our classmates!

T : Does anyone know how to improve?

4 minutes

Summary stage

(一) 透過問答確定學生是否明白低手傳球的姿勢及技巧。

(二)請學生發表今天所學習到的傳球技巧或知識。

(三)預告下一節上課要進行「擊球進籃」的活動。

5 minutes

End of the first session

第二節	第二節 Preparation stage 《活動 1》暖身 (Warm up) Greeting students and checking students' attendance. T: Is anyone not feeling well today? Please let me know, and you may take a break from this lesson. T: Be warm-up exercise formation, spread out. S: Spread out. The PE class leader leads the warm up exercise. (1) Neck exercise (2) Shoulder circles (3) Arm circles (4) Hip circles (5) Knee to chest (6) Leg stretches (7) Wrists and ankles circles (8) Jumping Jack twenty times. PE leader: "Run 2 laps" T: "You may take a water-break for one minute." Development stage 《活動 1》複習上一節課學過的單人拋擊 《活動 2》複習上一節課學過的雙人拋擊 《活動 3》擊球進籃 (一)教師布置「擊球進籃」活動場地，場地架起羽球網，球網一側放置兩個球籃橫排。 (二)教師說明「擊球進籃」活動規則： T: Two people in a group. T: One person throws the ball over the net, and the other person hits the ball into the basket with a underhand pass. T: The ball can land once after flying over the net. T: After one person has practiced 10 times, then switch. 圖六 擊球進籃 Summary stage (一)活動結束後，教師帶領學生討論：和同學互相觀察，誰能準確的把球擊入球籃？他的動作有那些地方值得學習呢？ (二)重點歸納：練習控制擊球的力道與方向。 End of the second session	8 minutes 3minutes 5minutes 18minutes 6minutes
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第三節	第三節 Preparation stage 《活動 1》暖身 (Warm up) Greeting students and checking students' attendance. T: Is anyone not feeling well today? Please let me know, and you may take a break from this lesson. T: Be warm-up exercise formation, spread out. S: Spread out. The PE class leader leads the warm up exercise. (1.) Neck exercise (2.) Shoulder circles (3.) Arm circles (4.) Hip circles (5.) Knee to chest (6.) Leg stretches (7.) Wrists and ankles circles (8.) Jumping Jack twenty times. PE leader: "Run 2 laps" T: "You may take a water-break for two minutes." Development stage 《活動 1》高手傳球姿勢 (Overhand pass) (一) 教師說明高手傳球姿勢也稱為「托球」，並示範「高手傳球」動作要領： T: The overhand pass is also known as "toss" 1. T: Spread your fingers apart. T: Allow your fingers to relax and bent slightly. T: Your hands come close together to form a triangle. 2. T: Touch the ball with the fingertips without touching the palm. T: Use the strength of the wrist to hold the ball up.  圖七 高手傳球 (二) 高手傳球練習 T: pair up. T: One person holds the ball, and the other sits and practices the overhand pass. T: After practicing 10 times, then switch. (三) 學生練習時，教師從旁觀察，適時給予指導與協助。	8 minutes 2 minutes 4 minutes
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	《活動 2》對牆高手傳球練習 (一)教師說明並示範「對牆高手傳球練習」活動進行方式： T : Stand with your feet back and forth, and bent your knees . T : Hold the ball about 20 cm above your forehead T: Straighten your arms to pass the ball towards the wall. T: Repeat the action , pass the ball to the wall. T: If you can't complete the continuous action, you can catch the ball and then pass it to the wall. T : After practiced 2 times, switch to next one. (二)教師示範後請學生練習，練習時教師從旁觀察，適時給予指導與協助。 《活動 3》低手、高手交替擊球 1. T : Throw the ball upwards first, and then hit the ball with a underhand pass. 2. T: When the ball lands above the forehead, toss the ball. 3. T : Repeat hitting the ball with underhand pass and overhand pass. T : Try to hit the ball 10 times in a row without landing. 低手、高手交替擊球  圖七 低手高手交替擊球 (二)教師示範後請學生練習，練習時教師從旁觀察，適時給予指導與協助。 (三)老師請同學輪流出來示範「低手、高手交替擊球」動作。 T : Are there any volunteers to show? T : Awesome! Let's give him/her a big hand. T : How did you make it? T : Thank you for sharing. T : Any volunteers? T : Let's cheer for our classmates! T : Does anyone know how to improve? T : How can you make consecutive underhand and overhand passes without the ball landing? Summary stage (一)什麼時機使用高手或低手傳球，能讓持續擊球次數增加？ (二)這節課學到了哪些技巧？ (三)預告下一節課要學習低手發球的技巧。 End of the third session	10 minutes 7 minutes 5 minutes 5 minutes
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第四節	第四節 Preparation stage 《活動 1》暖身 (Warm up) Greeting stutents and checking students ' attendance. T: Is anyone not feeling well today?Please let me know ,and you may take a break from this lesson. T:Be warm-up excrcise formation, spread out. S: Spread out. The PE class leader leads the warm up exercise. (1.) Neck exercise (2.) Shoulder circles (3) Arm circles (4.) Hip circles (5.) Knee to chest (6.) Leg stretches (7.) Wrists and ankles circles (8.) Jumping Jack twenty times. PE leader: "Run 2 laps" T: "You may take a water-break for two minutes." Development stage 《活動 1》複習上一節課學過的低手、高手交替擊球 T : Throw the ball upwards first, and then hit the ball with a underhand pass. T : When the ball lands above the forehead, toss the ball. T : Repeat hitting the ball with underhand pass and overhand pass, and try to hit the ball 10 times in a row without landing. 《活動 2》低手發球 (Underhand serve) (一) 教師說明並示範「低手發球」動作要領： T: Stand with your feet back and forth. T: Holding the ball in front of you with one hand ready to toss it T:Making a fist with the other hand ready to hit the ball. T:Squat slightly on the side . T:Tosses the ball lightly and stretches the other hand back. T:When the ball reaches waist height. T:Move your arms quickly from back to front. T:Hit the ball above your wrist and turn around. 《活動 3》雙人低手發球練習 (一) 教師說明雙人低手發球練習的規則： T : Pair up . One person serves the ball with a underhand, and after the other person receives the ball, he passes it back in the same underhand position.	8 minutes 3 minutes 2 minutes 5 minutes
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低手發球姿勢



圖八 低手發球姿勢

(二) 教師示範後請學生練習，練習時教師從旁觀察，適時給予指導與協助。

《活動 4》發球預言家

(一) 教師布置「發球預言家」活動場地，場地架起羽球網，球網一側以粉筆在地面標示 A、B、C 三區，另一側在場地後半標示發球線。

(二) 教師說明活動規則：

T: There are three areas: A, B, and C.

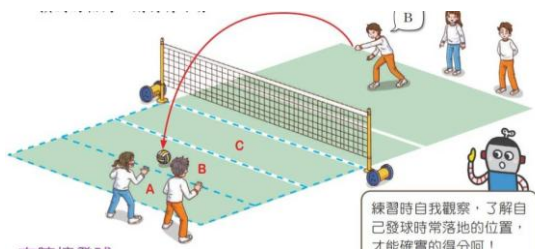
T: Tell me before you serve, which area you want the ball to land in

T: Serve at the service line.

T: Once the ball successfully crosses the net, you get 1 point

T: If the ball lands in the area you just mentioned, you can score another 1 point

T: The most points wins.



圖九 發球預言家

(三) 提醒：Before the activity starts, practice a few times to understand where your serve often lands so that you can score points。

Summary stage

- (一) 如何才能讓球成功的落在所預測的區域？
- (二) 要如何調整自己發球的動作？
- (三) 這節課學到了哪些技巧？

End of the fourth session

17 minutes

5 minutes

參考資料 References

1. 程峻 (2022)。《雙語體育教學輕鬆上路》臺北市：元照。
2. 程峻。臺北市之長安國中 108 學年度雙語體育科素養導向教案。彈指之間-排球托球。
3. 林彥好。彰化縣大榮國小雙語課程教案設計。排球-低手托球。

附件一

單元四



發球我最行

五年____班 姓名_____ 座號_____

你的低手發球動作是否熟練呢？進行低手發球活動，並把活動情形記錄下來。

一、發球預言家

1. 你發球的實際落點與預測的落點是否相同？請將實際情形記錄下來，並計算得分。

	第 1 球	第 2 球	第 3 球	第 4 球	第 5 球
預測落點					
實際落點					
發球過網打✓					
得 分					

2. 如果再進行一次活動，你會怎麼做呢？

二、排球知識大進擊

- () 1. 進行擊球進籃活動時，主要是運用哪一種排球技巧？(1) underhand pass (2) overhand pass (3) underhand serve (4) overhand serve
- () 2. 對牆高手傳球練習，主要是運用哪一種排球技巧？(1) underhand pass (2) overhand pass (3) underhand serve (4) overhand serve
- () 3. 高手傳球動作，雙手應靠近擺出何種形狀？(1) 愛心形 (2) 正方形 (3) 三角形
- () 4. 當球落於胸前腰際之間，這時較適合用哪種技巧將球擊出？(1) underhand pass (2) overhand pass (3) toss (4) overhand serve