

雙語課程教案設計

The Design of Bilingual Lesson Plan

學校名稱 School	原斗國中小	課程名稱 Course	Skywalk Shots
單元名稱 Unit	籃球 基本上籃	學科領域 Subject	體育
教材來源 Teaching Material	自編 including textbook	設計者 Designers	曾竣瑋
實施年級 Grade	8	共4節, 本單元為第1節 The Total Number of Sessions in this Unit	
教案設計理念 Design Concepts	世界經濟論壇《2020未來工作報告》提出「積極學習與學習策略」為2025年最重要的工作技能軟實力之一。因為快速變遷的時代需要持續吸收新知識與技能, 以應對未知挑戰。積極學習, 讓人主動探索新領域; 學習策略則提升效率, 使學習更具系統性與深度。不僅能促進個人專業成長, 還能在未來保持競爭力, 從而實現長期成功與價值創造。本課程透過學習上籃新的規則與技術促進積極學習, 鼓勵學生勇於嘗試與調整技巧, 展現主動性; 同時透過分解動作、規劃訓練方法等學習策略, 提升效率與成果, 培養持續進步的能力。		
學科核心素養 對應內容 Domain/ Subject Core Competences	總綱 General Guidelines	A1 身心素質與自我精進	
	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。	
	校本素養指標 School-based Competences	Not available	
學科學習重點 Learning Focus	學習表現 Learning Performance	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。 3d-IV-1 運用運動技術的學習策略。	

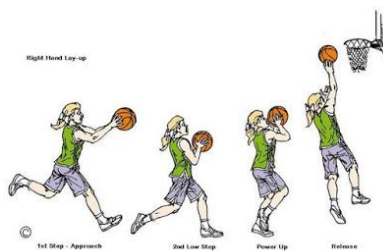
	學習內容 Learning Contents	Hb-IV-1陣地攻守性球類運動動作組合及團隊戰術。	
學生準備度 Students’ Readiness	學科準備度 Subject Readiness Ss can perform basic dribbling. Ss can shoot at a basic level.		
	英語準備度 Readiness of English Ss understand language for classroom management. Ss know how to greet others. Ss can respond to YES/NO questions.		
單元學習目標 Learning Objectives	Ss understands the basic rules of layup. Ss can perform a layup. Ss are able to adjust strategies to master the layup.		
中/英語使用時機 Timing for Using Chinese/ English	教師 Teacher	學生 Students	
	英文使用時機: Greeting Ss Managing order of classroom Providing feedback on Ss performance 中文使用時機:	英文使用時機: Greeting the T Providing feedback to peers Answer YES/NO questions 中文使用時機:	
教學方法 Teaching Methods	講述 示範		
教學策略 Teaching Strategies	搭建鷹架 強調互動合作		
教學資源及 輔助器材 Teaching Resources and Aids	籃球, 標識墊		
評量方法 Assessment Methods	實作評量		
評量規準 Rubrics	如附錄一		
議題融入 Issues Integrated	無		
英語單字/句型 English to be used	right/left, hand/foot, step/jump/shoot, Stand with your ... foot forward and ... foot back		
評量 Assessment	教學流程 Teaching Procedures		教材 Materials
學習目標: 評量項目描述	準備階段 Preparation stage (10mins)		

(評量方法)

Ss understands the basic rules of layup.

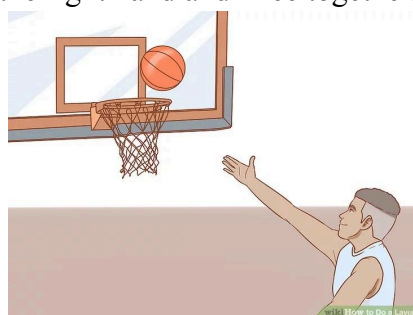
一、上籃基本原理與動作講解(5mins)

A layup is a one-handed shot made by moving, jumping, and shooting close to the basket. Most layups are performed with a one-foot jump and a one-handed shot.



二、出手動作講解與練習Shooting(5mins)

Right-handed players perform a layup from the right side with their right hand. A layup can be done with either an underhand or overhand shot, using the left hand to protect the ball. Jump off the left foot, raising the right hand and knee together.



籃球

小籃板

Ss can perform a layup.
(使用評定量表)

Ss are able to adjust strategies to master the layup.
(使用評定量表)

發展階段 Development stage (30mins)

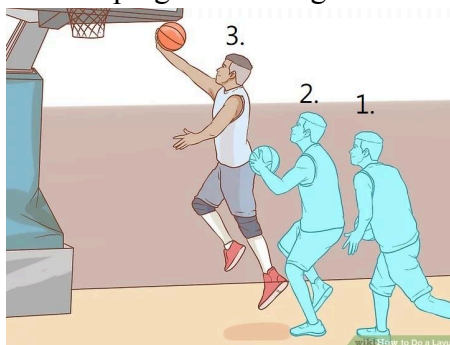
一、原地起跳出手練習 Jumping & Shooting(5)

1. Jump off your left foot, lifting your ring knee and right hand.
2. Use your right hand to perform the shooting.



二、1步起跳練習 One-step layup (5mins)

1. Stand with your right foot forward and left foot back, holding the ball.
2. Step forward with your left foot and jump upwards.
3. Perform the Jumping & Shooting.



三、2步起跳練習 Two-steps layup (5mins)

1. Stand with your left foot forward and right foot back, holding the ball.
2. Step forward with your right foot.
3. Perform the One-step layup.

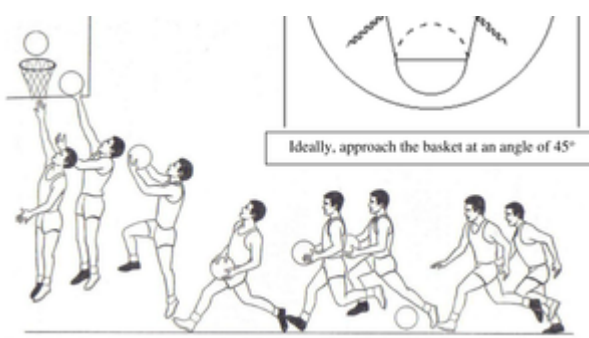


四、完整上籃練習 Full-form layup (5mins)

1. Stand with your right foot forward and left foot back, holding the ball.
2. Step forward with your left foot while dribbling once with your right hand, then control the ball.
3. Perform the two-steps layup.

籃球

標識墊

	 <p>五、自我檢視與自主練習Self-assessment and practice (10) Practice the moves you find tricky, or do more dribbling to layup..</p>	
Ss understands the basic rules of layup. (使用評定量表)	<p>總結階段 Summary stage (5mins) 回想一下，上籃容易出現的違例動作，以及正確動作。 Explain common layup fouls and how to perform the movements correctly.</p>	
課程結束 End of the Session		

參考資料 References	FIBA籃球規則 How to Do a Layup
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附錄一

上籃(第一節)評定量表		
重點面向	涵義	給分
Ss understands the basic rules of layup. 知道規則	沒有違例動作	40
	出現走步	20
	出現二次運球	10
	出現二次運球與走步	0
Ss can perform a layup. 確實完成上籃	步伐與出手動作皆正確	40
	出手動作不正確	20
	步伐不正確	10
	步伐與出手動作皆不正確	0
Ss are able to adjust strategies to master the layup. 改變策略活用	能完成不同距離上籃動作	20
	僅能完成特定距離的上籃動作	10
	不同距離皆無法完成上籃動作	0