



國立臺中教育大學英語學系 USR HUB

109年高教深耕
雙語教學教師專業發展基地計畫

臺中市北區中華國小
健體領域雙語教學教案
《運動新視野》

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國立臺中教育大學全英語教學研究中心

109 年國民小學教育階段雙語教學教案設計

壹、設計理念

跳繩是本校的體育校本課程，繩子除了可以作動態跳躍活動、也可做靜態伸展活動，二年級學生除了要學會基本的一跳一迴旋與花式跑步跳繩，也應學習操控繩子的基本方法，並且透過創意，可以與同儕合作創造出繩子造型遊戲。

貳、教學分析

一、學生分析

請說明此單元的教學內容如何呼應學生的學習階段及其英語文和學科領域的學習背景與需求。

此單元教學重點為從基本的握繩把的方法、甩繩、利用繩子變化造型、靜態伸展、動態平衡與動態體能遊戲。藉此呼應了第一學習階段認識身體活動的基本動作、尊重

在英語文方面，除了在課程中融入日常基本課室用語外(例如，Work in groups. Good job! Well done! Follow me.)，從簡易指令的使用(例如：Stand up. Are you ready? Let's practice. Can you give it a try? Line up here. Let's count from one to ten.)到身體部位的英語(例如：hands, feet, head, neck)以及體育課的專業術語(例如：front/side straddles, stretching, jump rope, swing the rope)

二、教材分析

請說明所使用之教材的來源與適切性，並分析教材之間的組織與連結性。

教材來源為翰林版 2 上健康與體育第四單元運動新視野，從最基本的握繩、甩繩動作、利用繩子做上半身與下半身靜態伸展並且藉由繩子做平衡遊戲與跳躍遊戲。

三、教學方法分析

請概述此單元所使用的重要教學方法及策略。

使用練習教學法與示範教學法，整堂課皆循環練習，精熟操控跳繩與藉由跳繩進行體能移動訓練。

四、情境脈絡分析

請說明此單元所設計的學習情境(文化/社區/生活/學術情境等)如何有系統地幫助學生將學習內容與經驗做適當連結，以建立學習的意義。




由於本校的跳繩活動是學校體育課的必備課程，並且設定每個年段的跳繩比賽項目由易而難，從一跳一迴旋、花式跳繩至團體跳大繩。跳繩常常是體育課的暖身活動，故此跳繩單元對學生而言是熟悉並且新奇。

參、教學活動設計

單元名稱 Unit Title	運動新視野	課程時間 Unit Length	共 4 節 160 分鐘
學生年級 Grade Level	二年級	學生人數 Number of Students	25 人

配合融入之學 科領域 Integrated Subject/Content Area	<input type="checkbox"/> 數學 <input type="checkbox"/> 自然科學 <input type="checkbox"/> 綜合活動 <input checked="" type="checkbox"/> 健康與體育 <input type="checkbox"/> 生活課程 <input type="checkbox"/> 藝術 <input type="checkbox"/> 社會	
配合融入之議 題 Integrated Issue	<input type="checkbox"/> 性別平等教育 <input type="checkbox"/> 人權教育 <input type="checkbox"/> 環境教育 <input type="checkbox"/> 海洋教育 <input type="checkbox"/> 品德教育 <input type="checkbox"/> 生命教育 <input type="checkbox"/> 法治教育 <input type="checkbox"/> 科技教育 <input type="checkbox"/> 資訊教育 <input type="checkbox"/> 能源教育 <input type="checkbox"/> 安全教育 <input type="checkbox"/> 防災教育 <input type="checkbox"/> 閱讀素養 <input type="checkbox"/> 多元文化教育 <input type="checkbox"/> 國際教育 <input type="checkbox"/> 生涯規劃教育 <input type="checkbox"/> 家庭教育 <input type="checkbox"/> 原住民教育 <input type="checkbox"/> 戶外教育 <input checked="" type="checkbox"/> 無	
領域核心素養 Core Competencies	(若為跨領域，請包含兩個不同領域之領綱指標) 健體-E-A2 具備探索身體活動與健康生活問題的思考能力，並透過體驗與實踐，處理日常生活中運動與健康的問題。 健體-E-B3 具備運動與健康有關的感知和欣賞的基本素養，促進多元感官的發展，在生活環境中培養運動與健康有關的美感體驗。 英-E-A2 具備理解簡易英語文訊息的能力，能運用基本邏輯思考策略提升學習效能。 英-E-B1 具備入門的聽、說、讀、寫英語文能力。在引導下，能運用所學、字詞及句型進行簡易日常溝通。	
本單元學習重 點 Learning Focus	學習表現 Student Performance	1c-I-2 認識基本的運動常識。 2c-I-1 表現尊重的團體互動行為。 3c-I-1 表現基本動作與模仿的能力。 1c-I-1 認識身體活動的基本動作。 4c-I-2 選擇適合個人的身體活動。 3c-I-2 表現安全的身體活動行為。 ◎1-II-7 能聽懂課堂中所學的字詞。 ◎1-II-8 能聽懂簡易的教室用語。 ◎1-II-9 能聽懂簡易的日常生活用語。 ◎1-II-10 能聽懂簡易句型的句子。 ◎2-II-3 能說出課堂中所學的字詞。 ◎2-II-4 能使用簡易的教室用語。 ◎2-II-5 能使用簡易的日常生活用語。 ◎2-II-6 能以正確的發音及適切的語調說出簡易句型的句子。
	學習內容 Learning Content	Ab-I-1 體適能遊戲。 Bc-I-1 各項暖身伸展動作。 Ib-I-1 唱、跳與模仿性律動遊戲。 ◎Ac-II-1 簡易的教室用語。 ◎Ac-II-2 簡易的生活用語。

表現任務 Performance Task(s)	1. 學生會做出左右、上下、畫圈、畫 8 字甩繩動作(swings)。 2. 學生會利用繩子進行上半身與下半身的伸展活動(stretching)。 3. 學生會做出三角形、長方形、棒式 V 字形、蜘蛛網造型(patterns) 4. 學生會利用在地上的繩子做出左右跳躍、前後跳躍、雙腳交錯跳躍動作(straddles, bounce step)。		
節次架構 Lesson Structure	第一節：體驗不同的握繩方法、甩繩遊戲、利用繩子做伸展活動。 第二節：利用繩子變化各種造型(三角形、V 字形、蜘蛛網)。 第三節：利用繩子做跳躍遊戲(左右跳、前後跳、交錯跳)。 第四節：綜合握繩、甩繩、變化造型、跳躍進行體能活動。		
第一節 The First Period			
學習目標 Learning objectives	學科內容目標 Content/subject specific knowledge objectives	1. 學生學會動態暖身做操。 2. 學生學會操控繩子的基本方法(握繩、甩繩)。 3. 學生學會利用繩子做上半身與下半身伸展。	
	溝通/語言目標 Communication/ language objectives	目標單字片語： jump rope, handle, swing, circle 目標句型： What is this? It's _____. (a jump rope, the handle) Let's make a _____. (wave, circle, snake)	
學習活動 Learning activities	教學內容與步驟 Procedures	跨語言實踐 Use of Translanguaging	學習檢核 Assessment
	一、前導活動 (一) 基本暖身運動 Warming Up 教師帶領學生做暖身運動。 1. 頭部運動 Head movement 2. 身體運動 Body rolls (二) 暖身活力操一 Dynamic Warming Up I 教師帶領學生說出英語韻文及動作。 (三) 暖身活力操二 Dynamic	T: Let's warm up first. Now, look up and down. Turn your head to the left and to the right. Tilt your head to the left and to the right. T: Roll your shoulders forward and backward. T: Roll your knees. Now go for the other direction. T: Roll your wrists and feet. Now go for the other direction. T: Good job, everyone! Now, repeat after me and follow my actions. T: Clap, clap, clap my hands. Stomp, stomp, stomp my feet. Jump, jump, jump around. Swing, swing, swing my arms. Shake, shake, shake my hip. Reach for the sky and touch the ground.	觀察、口語 與實作評量

	<p>Warming Up II</p> <p>1. Side straddles 教師示範開和跳動作並帶領學生一起跳。</p> <p>3. Front straddles 教師帶領學生做雙腳前後交錯跳。</p> <p>3. Combination of side straddles and front straddles 教師帶領學生把前面兩種跳法合再一起。</p>	<p>T: Alright! You guys are awesome! Now let's do some side straddles. Ready, go! One, two, ...</p> <p>T: Good job! Now let's do some front straddles together. Ready, set, go! One, two, ...</p> <p>T: Alright! You guys are awesome! Now let's combine side straddles with front straddles. Ready, set, go! One, two, ...</p>	
	<p>二、主要活動</p> <p>(一)握繩把 Proper Grip</p> <p>1.複習雙手握兩個繩把：雙手四指握住繩把、大拇指向繩子。</p>  <p>2.單手握兩個繩把：單手四指握住繩把、大拇指向繩子。</p>  <p>(二) 單手握兩個繩把甩繩遊戲(慣用手)</p> <p>1.教師引導學生上下甩繩像波浪</p>  <p>▲上下甩繩像波浪</p>	<p>T: Wrap your hand around the handle with your thumb pointing to the rope.</p> <p>T: Hold the two handles with one hand.</p> <p>T: Let's make a wave. Swing your rope up and down.</p>	<p>觀察、口語與實作評量</p>

2. 教師引導學生左右甩繩像小蛇



▲左右甩繩像小蛇

3. 教師引導學生甩繩畫圈像火球



▲連續畫圈像火球

4. 教師引導學生左右打叉畫8字



▲左右打叉畫8字

三、綜合活動 Integrative Activities

(一) 甩繩遊戲大對決。

1. 聽老師的甩繩指令做出不同造型(波浪繩、小蛇繩、火球繩、8字繩)。

T: Let's make a snake.
Swing your rope to the side.

T: Let's make a (big) circle.

T: Let's write a big X.

T: Listen to me and do what I say.

T: Let's make a wave.

T: Let's make a snake.

T: Let's make a circle.

T: Let's write a big X.

(二) 收操伸展繩 Post-workout Stretching

1. 伸展肩關節 Shoulder blade stretch



2. 跨步伸展 Arm and straddle stretch



T: You have done a great job today. Let's do some stretches together.

T: Hold your jump rope up like this (T demonstrates the start position). Now move your hands up and down. Up and down.

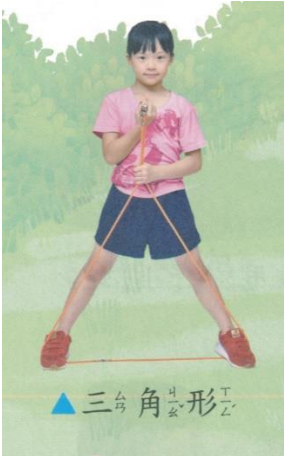

T: Next, put one hand up and one hand down. Switch hands.




T: Hold your rope up to your head and step on your rope with your back foot. (T demonstrates.)

T: Great job! Now, let's

觀察、口語
與實作評量

		make a triangle with both of your feet stepping on the rope.	
第二節 The Second Period			
學習目標 Learning objectives	學科內容目標 Content/subject specific knowledge objectives	1.利用繩子做出單人造型(三角形、V 字形)與多人造型(蜘蛛人)。	
	溝通/語言目標 Communication/ language objectives	目標單字片語：triangle, the letter V/X 目標句型： Can you make _____? (a triangle, the letter V/X) Yes, I can.	
學習活動 Learning activities	教學內容與步驟 Procedures	跨語言實踐 Use of Translanguaging	學習檢核 Assessment
	<p>一、前導活動</p> <p>(一) 基本暖身運動 Warming Up 教師帶領學生做暖身運動。</p> <p>4. 頭部運動 Head movement</p> <p>5. 身體運動 Body rolls</p> <p>(二) 暖身活力操一 Dynamic Warming Up I 教師帶領學生說出英語韻文及動作。</p> <p>(三) 暖身活力操二 Dynamic Warming Up II 1. Side straddles 教師示範開和跳動作並帶領學生一起跳。</p>	<p>T: Let's warm up first. Now, look up and down. Turn your head to the left and to the right. Tilt your head to the left and to the right.</p> <p>T: Roll your shoulders forward and backward. T: Roll your knees. Now go for the other direction. T: Roll your wrists and feet. Now go for the other direction.</p> <p>T: Good job, everyone! Now, repeat after me and follow my actions.</p> <p>T: Clap, clap, clap my hands. Stomp, stomp, stomp my feet. Jump, jump, jump around. Swing, swing, swing my arms. Shake, shake, shake my hip. Reach for the sky and touch the ground.</p> <p>T: Alright! You guys are awesome! Now let's do some side straddles. Ready, go! One, two, ...</p>	觀察、口語與實作評量

	<p>6. Front straddles 教師帶領學生做雙腳前後交錯跳。</p> <p>3. Combination of side straddles and front straddles 教師帶領學生把前面兩種跳法合再一起。</p>	<p>T: Good job! Now let's do some front straddles together. Ready, set, go! One, two, ...</p> <p>T: Alright! You guys are awesome! Now let's combine side straddles with front straddles. Ready, set, go! One, two, ...</p>	
	<p>二、主要活動 師：繩子除了可以用繩與跳繩，也可以進行繩子變化造型及身體靜態伸展活動。</p> <p>(一)繩子造型遊戲 1.單人繩子造型遊戲： (1)三角形(站立的三角形)：雙腳打開比肩寬、雙手抓住繩把兩端，形成一個三角形。</p>  <p>(2) V 字形(在地面上的 V 字形)：身體成瑜珈棒式，雙腳與肩寬踩住繩子，雙手比肩寬抓住兩繩把。目標 V 字形撐超過 10 秒。</p>  <p>2.多人繩子造型遊戲： (1)蜘蛛人造型：6 人一組，4 個人用兩條繩子結合成十字型狀，繩子高度約學生蹲姿膝蓋到地面的高度。其餘 2 個人用雙腳跳繩子一圈，依序以此類推。</p>	<p>T: What can we do with a jump rope? Ss: We can jump and swing the rope. T: That's right! And we can also play with our rope.</p> <p>T: Can you make a triangle (T makes a triangle with her hands) with your rope? 雙腳打開比肩寬、雙手抓住繩把兩端。Is this a triangle? Ss: Yes, it is.</p> <p>T: Can you make a letter V? Watch me. (T does a plank with both hands and feet stretching the rope.) Do this for 10 seconds. Let's count together. 1, 2, 3, ..10 This is a letter V plank.</p> <p>T: That was really hard work! Next, in groups of six. Four people make an X with your ropes. 繩子高度大約到你的膝蓋。The rest of you jump over the ropes.</p>	<p>觀察、口語與實作評量</p>

	 <p>▲蜘蛛造型</p> <p>三、綜合活動 (一)棒式、跳跳樂循環賽。 1.6個人一小組，4個人拉出蜘蛛人造型的繩子形狀、1個人跳2圈的過程當中，另1個人以跳繩結合V字形做棒式，以此類推輪流循環拉繩、跳繩2圈、V字型棒式。</p>	<p>T: Now, here is a challenge for you. What is “challenge” in Chinese? Ss: 挑戰 T: Good job! Listen carefully! Four people make a big X with your ropes. One person jumps over the ropes, and one person makes a letter V with the rope. When you hear my whistle, please rotate (T uses her hands to gesture change). Ready, set, go!</p>	
	<p>(二)收操伸展繩 Post-workout Stretching</p> <p>1.伸展肩關節 Shoulder blade stretch</p>  <p>▲雙手同時一上一下伸展 ▲雙手伸直一高一低伸展</p> <p>2.跨步伸展 Arm and straddle stretch</p>  <p>前：後跨步伸展 左：右跨步伸展 ▲後腳往繩子伸，伸展胸部的內側。 ▲雙腳往繩子伸，伸展胸部的內側。</p>	<p>T: You have done a great job today. Let's do some stretches together. T: Hold your jump rope up like this (T demonstrates the start position). Now move your hands up and down. Up and down. T: Next, put one hand up and one hand down. Switch hands. T: Hold your rope up to your head and step on your rope with your back foot. (T demonstrates.) T: Great job! Now, let's make a triangle with both of your feet stepping on the rope.</p>	<p>觀察、口語與實作評量</p>
<p>第三節 The Third Period</p>			
<p>學習目標 Learning objectives</p>	<p>學科內容目標 Content/subject specific knowledge objectives</p>	<p>1.會利用地上的繩子做出雙腳左右跳、雙腳左右交叉跳及雙腳前後交叉跳。</p>	
	<p>溝通/語言目標 Communication/language objectives</p>	<p>目標單字片語： front straddles, side straddles, bounce steps 目標句型： Let's do some _____. (front straddles, side straddles, bounce steps)</p>	
<p>學習活動 Learning</p>	<p>教學內容與步驟 Procedures</p>	<p>跨語言實踐 Use of Translanguaging</p>	<p>學習檢核 Assessment</p>

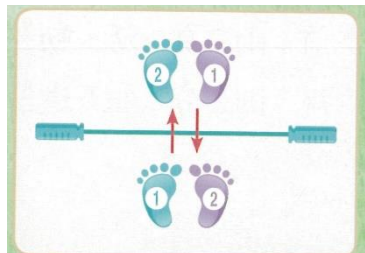
activities			
	<p>一、前導活動</p> <p>(一) 基本暖身運動 Warming Up 教師帶領學生做暖身運動。</p> <p>7. 頭部運動 Head movement</p> <p>8. 身體運動 Body rolls</p> <p>(二) 暖身活力操一 Dynamic Warming Up I 教師帶領學生說出英語韻文及動作。</p> <p>(三) 暖身活力操二 Dynamic Warming Up II</p> <p>1. Side straddles 教師示範開和跳動作並帶領學生一起跳。</p> <p>9. Front straddles 教師帶領學生做雙腳前後交錯跳。</p> <p>3. Combination of side straddles and front straddles 教師帶領學生把前面兩種跳法合再一起。</p>	<p>T: Let's warm up first. Now, look up and down. Turn your head to the left and to the right. Tilt your head to the left and to the right.</p> <p>T: Roll your shoulders forward and backward.</p> <p>T: Roll your knees. Now go for the other direction.</p> <p>T: Roll your wrists and feet. Now go for the other direction.</p> <p>T: Good job, everyone! Now, repeat after me and follow my actions.</p> <p>T: Clap, clap, clap my hands. Stomp, stomp, stomp my feet. Jump, jump, jump around. Swing, swing, swing my arms. Shake, shake, shake my hip. Reach for the sky and touch the ground.</p> <p>T: Alright! You guys are awesome! Now let's do some side straddles. Ready, go! One, two, ...</p> <p>T: Good job! Now let's do some front straddles together. Ready, set, go! One, two, ...</p> <p>T: Alright! You guys are awesome! Now let's combine side straddles with front straddles. Ready, set, go! One, two, ...</p>	<p>觀察、口語 與實作評量</p>
	<p>二、主要活動 Basic Steps</p> <p>1. 將繩子張開在地上 (1) 雙腳左右跳 Bounce Step</p>	<p>T: Everyone, please lay your rope on the ground and stand next to your rope. We</p>	<p>觀察、口語 與實作評量</p>



(2)雙腳左右交叉跳 Side Straddle



(3)雙腳前後交錯跳 Front Straddle



三、綜合活動

(一) 跑跳接力遊戲

1.全班分四組，起點關卡為雙腳左右跳 10 次，折返點關卡為雙腳前後交錯跳 10 次，終點雙腳左右交叉跳 10 次。

補充：終點雙腳左右交叉跳 10 次後，做接力動作(hand to hand、shoulder to shoulder、hips to hips)，下一個學生才出發。




are going to do some bounce steps. Now put your feet together 雙腳合併 and jump to the right and to the left. Right, left, right, left.

T: Stand in the middle of the rope. Let's do side straddles. Cross your legs and back. Cross and back. Ready, set, go!

T: Now, let's do front straddles. Switch your legs.



T: Next, we are going to have a relay 接力賽. I'm going to divide you into four groups. You will start with bounce steps, jumping to the left and right ten times. Go to the next station and do ten side straddles, and come back to do ten front straddles. At the finish line, you need to do the hand-to-hand, shoulder-to-shoulder and

分組競賽

		hip-to-hip actions.	
	<p>(二) 收操伸展繩 Post-workout Stretching</p> <p>1. 伸展肩關節 Shoulder blade stretch</p>  <p>2. 跨步伸展 Arm and straddle stretch</p> 	<p>T: You have done a great job today. Let's do some stretches together.</p> <p>T: Hold your jump rope up like this (T demonstrates the start position). Now move your hands up and down. Up and down.</p> <p>T: Next, put one hand up and one hand down. Switch hands.</p> <p>T: Hold your rope up to your head and step on your rope with your back foot. (T demonstrates.)</p> <p>T: Great job! Now, let's make a triangle with both of your feet stepping on the rope.</p>	觀察、口語與實作評量

第四節 The Fourth Period

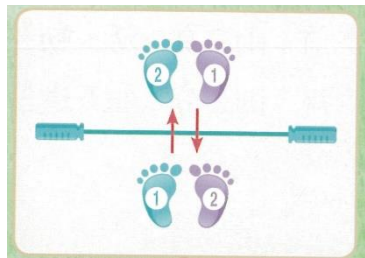
學習目標 Learning objectives	學科內容目標 Content/subject specific knowledge objectives	1. 體能活動：綜合甩繩、做出繩子造型、利用地上的繩子前後左右跳躍活動。	
	溝通/語言目標 Communication/language objectives	目標單字片語：front straddles, plank, bounce steps 目標句型： Let's ___ (do front straddles/do bounce steps, rotate) Pick your rope up./ Lay your rope down.	
學習活動 Learning activities	教學內容與步驟 Procedures	跨語言實踐 Use of Translanguaging	學習檢核 Assessment
	<p>一、前導活動</p> <p>(一) 基本暖身運動 Warming Up 教師帶領學生做暖身運動。</p> <p>10. 頭部運動 Head movement</p> <p>11. 身體運動 Body rolls</p>	<p>T: Let's warm up first. Now, look up and down. Turn your head. Left. Right. Tilt your head. Left. Right.</p> <p>T: Roll your shoulders.</p> <p>T: Roll your knees.</p> <p>T: Roll your wrists and feet.</p>	觀察、口語與實作評量

	<p>(二) 暖身活力操一 Dynamic Warming Up I 教師帶領學生說出英語韻文及動作。</p> <p>(三) 暖身活力操二 Dynamic Warming Up II</p> <p>1. Side straddles 教師示範開和跳動作並帶領學生一起跳。</p> <p>12. Front straddles 教師帶領學生做雙腳前後交錯跳。</p> <p>3. Combination of side straddles and front straddles 教師帶領學生把前面兩種跳法合再一起。</p>	<p>T: Good job, everyone! Now, repeat after me and follow my actions.</p> <p>T: Clap, clap, clap my hands. Stomp, stomp, stomp my feet. Jump, jump, jump around. Swing, swing, swing my arms. Shake, shake, shake my hip. Reach for the sky and touch the ground.</p> <p>T: Alright! You guys are awesome! Now let's do some side straddles. Ready, go! One, two, ...</p> <p>T: Good job! Now let's do some front straddles together. Ready, set, go! One, two, ...</p> <p>T: Alright! You guys are awesome! Now let's combine side straddles with front straddles. Ready, set, go! One, two, ...</p>	
	<p>二、主要活動</p> <p>(一) 複習</p> <p>1. 複習左右打叉畫8字</p>  <p>▲左右打叉畫8字</p> <p>2. 複習 V 字形</p>  <p>V字形</p>	<p>T: Today, we are going to review previous lessons. Pick up your jump rope. Can you write an "X" with your rope? Ss: Yes! T: Nice!</p> <p>T: Can you do a letter "V" plank? Ss: Yes!</p>	<p>觀察、口語與實作評量</p>

3. 雙腳左右跳



4. 雙腳前後交錯跳



(二) 一二三小碎步做動作

師：一二三(小碎步)畫 8 字

生要做出畫 8 字的動作

師：一二三(小碎步)V 字型

生要做出 V-planks 的動作

師：一二三(小碎步)雙腳左右跳

生要做出雙腳左右跳的動作

師：一二三(小碎步)雙腳前後交

錯跳

生要做出雙腳前後交錯跳的動作

T: Everyone, lay your rope on the ground and stand next to your rope. We are going to do some bounce steps. Remember to put your feet together 雙腳合併 and jump to the right and to the left. Right, left, right, left.

T: Stand in the middle of the rope. Let's do front straddles. Ready, set, go!

T: Alright! Now let's play a game: 一二三木頭人.

T: When I say "one, two, three", you do this (T demonstrates treading).

T: One, two, three!

(Ss tread.)

T: Write an X with your rope.

(Ss write an X.)

T: One, two, three!

T: Do a letter V plank.

T: One, two, three!



T: Let's do side straddles 雙腳左右跳.

T: One, two, three!

T: Let's do front straddles

雙腳前後交錯跳.

T: Well done!

	<p>三、綜合活動</p> <p>(一) 翻山越繩</p> <p>雙腳左右跳地上的拔河繩。</p>	<p>T: You need to do side-to-side bounce steps along the big rope. 小朋友,最後我們要雙腳左右跳過地上的拔河繩。Ready, set, go!</p>	
	<p>(二) 收操伸展繩 Post-workout Stretching</p> <p>1. 伸展肩關節 Shoulder blade stretch</p>  <p>2. 跨步伸展 Arm and straddle stretch</p> 	<p>T: You have done a great job today. Let's do some stretches together.</p> <p>T: Hold your jump rope up like this (T demonstrates the start position). Go up and down.</p> <p>T: Put one hand up and one hand down. Up and down. Up and down.</p> <p>T: Hold your rope up to your head and step on your rope with your back foot. (T demonstrates.)</p> <p>T: Great job! Now, let's make a triangle.</p>	<p>觀察、口語 與實作評量</p>

附件 (多媒體教學資源、教材、學習單、評量單)

References:

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