

高
年
級

健康與體育領域 雙語教學資源手冊



指導單位 | 教育部 師資培育與藝術教育司
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天然食物與加工食品

Whole Food and Processed Food

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A 單元設計理念 (Unit Concept)

單元設計以國民小學健體領域「第三學習階段」核心素養具體內涵為主軸設計，並以學習內容中「食品生產、加工、保存與衛生安全」的天然食物與加工食品為主題，以高互動和參與式學習來增進學生對於加工食品對自身健康的理解和認識。本節次的課程內容，提供教師使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，讓學生認識到健康飲食的重要性，並將這些運用多元健康資訊、產品與服務的正確態度落實日常生活中。

B 課程說明 (Lesson Overview)

1 學科課程目標

- A To know what whole foods and processed foods are.
能知道天然食物和加工食品。
- B To name some examples of whole food and processed food.
列舉出幾種天然食物和加工食品。
- C To tell the differences of whole food and processed food.
能說出天然食物和加工食品的不同。

2 學習重點

- A 學習內容：Ea- III -4 食品生產、加工、保存與衛生安全。
- B 學習表現：1b- III -4 了解健康自主管理的原則與方法。
 - 2a- III -3 體察健康行動的自覺利益與障礙。
 - 3b- III -3 能於引導下，表現基本的決策與批判技能。
 - 4a- III -1 運用多元的健康資訊、產品與服務。

C 字彙與片語 (Words and Phrases)

字彙 Words

whole food 天然食物
processed food 加工食品
natural 自然的
unnatural 非自然的
nutrients 營養
vitamins 維他命
calories 熱量
fruits 水果
sugar 糖
sodium 鈉
fat 脂肪
organic 有機的

片語 Phrases

add to... 加在...
relate to... 相關...
lead to... 造成...



D 句子 (Sentence Frames)

1. What kind of foods are healthy whole foods? Fruit and vegetables are healthy whole foods.
哪種食物是健康的天然食物？水果和蔬菜是健康的天然食物。
2. What kinds of foods are unhealthy processed foods? Chips and donuts are unhealthy foods.
哪種食物是不健康的加工食品？洋芋片和甜甜圈是不健康的食物。
3. Which one is better for our health, whole foods or processed foods?
Whole foods are better for us.
哪種食物是對我們健康比較好的，天然食物或加工食品？天然食物對我們比較好。
4. What is good about whole food? It contains nutrients and vitamin.
天然食物有什麼優點？它有養分和維他命。
5. What is not good about processed food? It contains fat and sugars.
加工食品有什麼缺點？它有脂肪和糖分。
6. What will happen after eating a lot of processed food? You might feel hungry easily and gain weight.
吃太多加工食品會怎麼樣？你可能很容易感到飢餓和增加體重。
7. Is bubble milk tea whole food? No, it's not.

珍珠奶茶是一種天然食物嗎？不，不是。

8. Are nuts whole food? Yes, they are.

堅果是一種天然食物嗎？是，它是。

9. Will you get ill/sick if you eat too much processed food? Yes, you will.

你吃太多加工食品會生病嗎？會，你會。

課程內容 (Class Content)

1. People say "You are what you eat." It is true because foods you eat are very related to your health.
2. Whole foods keep their natural state and have little or no processing.
3. There are nutrients, vitamins and minerals in whole food.
4. Whole food usually has less sugar and sodium.
5. Eating more whole food can help control your body sugar and the functions of organs.
6. You can also support local farmers by buying their vegetables and fruits.
7. Processed foods often have added sugar, unhealthy fats and sodium.
8. Highly processed foods often include unhealthy levels of added sugars, sodium and fat.
9. Processed foods are low in nutrients, vitamins and minerals.
10. Too much of processed foods can lead to serious health issues, such as obesity, heart disease, high blood pressure and diabetes.

11. You can usually keep processed foods longer than whole foods.
12. Processed foods contain more calories that can make you gain fat.
13. You may feel less full and feel hungry faster when you eat more processed foods.





活動 (Activity)

1 Whole food vs. Processed food

Activity Instruction: Teacher draws a Venn diagram on the board. The whole class compares and contrasts two types of foods together. After finishing the discussion, students write their answers on their worksheets.

T : This is a Venn diagram, we will write down the differences on each side and the common facts in the middle.

S : So the common facts mean the same facts that both foods have?

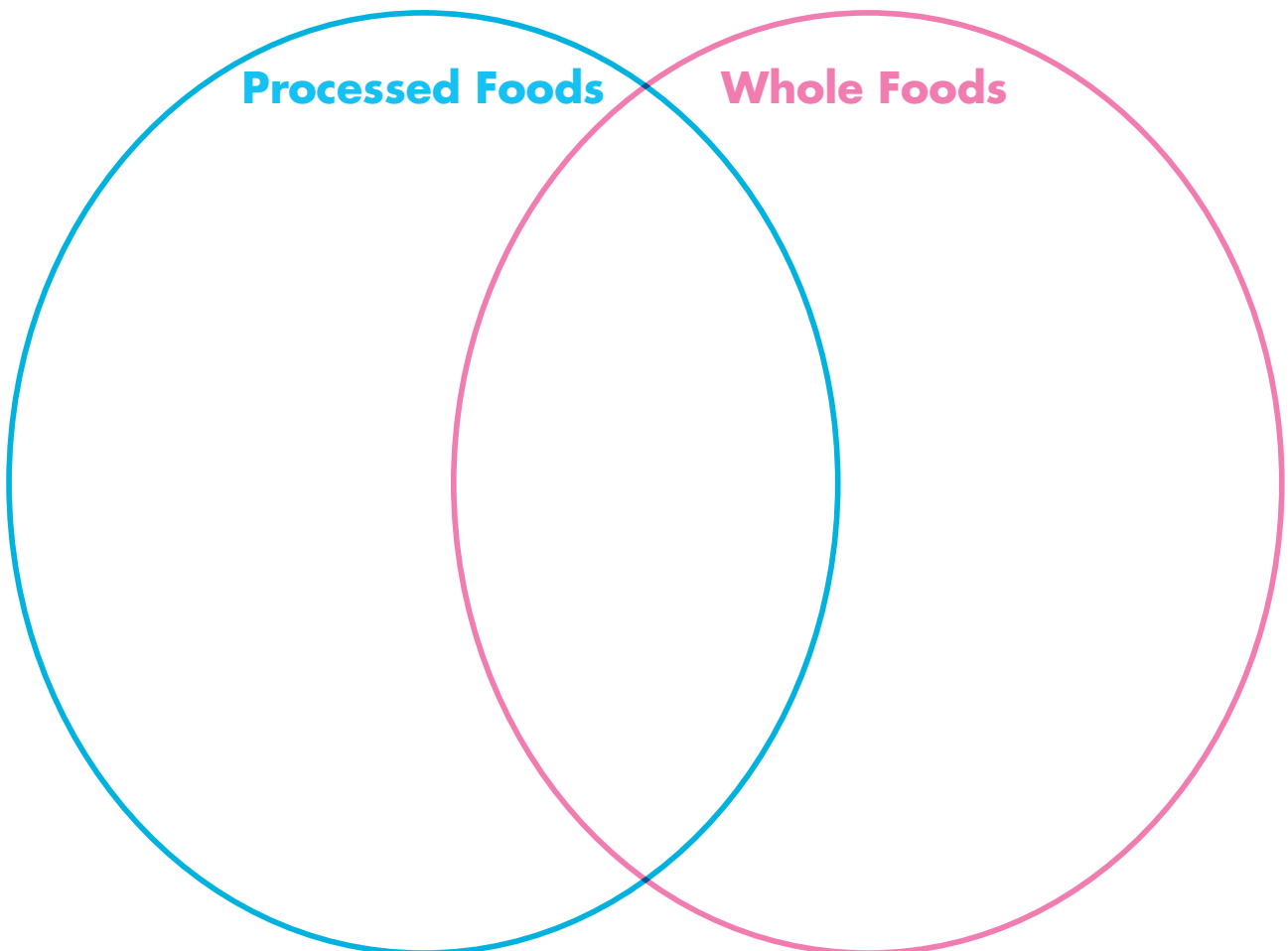
T : Yes. Can you tell me one fact about whole foods?

S : Whole foods are high in nutrients and minerals.

T : Then, can you tell me one fact about processed food?

S : Processed foods are low in nutrients and minerals.

T : Great, now please fill these facts on your worksheet.



2 Search for It!

Activity Instruction: Teacher will ask students to bring a few pages of the supermarket catalogue. Students will cut down foods on the catalogue. Divide students into groups of five and provide them with a poster. Students will divide the poster into two parts, processed foods and whole foods. Then they discuss, and paste the food pictures on the poster.

T : Please take out your catalogue, a scissor and glue.

S : (Students take out the things they need.)

T : Now, I'm giving you a poster and please use a marker to divide the poster into two parts.

S : What do we need to do with our catalogues?

T : You need to find foods on the catalogue, cut them down and paste them in the right place.



3 Health Eating

Activity Instruction: Teacher shows 2-3 types of 3 meals for the class. Then teacher leads the class to discuss: 1. processed foods or whole foods; 2. what nutrients each meal has; 3. what suggestions you will make. Then teacher asks students to design his/her own healthy 3 meals.

T :Look at the daily meals. What foods are processed foods? What are whole foods?

S : Milk is whole food. French fries are processed food.

T :Good. What nutrients does he/she get for breakfast?

S : He/She gets sugar, sodium and protein.

T : Nice. What suggestions would you give to him/her?

S : He/She can have a boiled egg.

T :Excellent. Now I want you to design your healthy three meals. Then share them with your friends.





Freestyle Breathe

(自由式換氣練習)

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單元設計理念 (Unit Concept)

單元設計以國民小學健體領域第三學習階段核心素養具體內涵為主軸設計，並以學習重點中「挑戰類型運動」的游泳主題項目來提供游泳雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習游泳基本運動技術中自由式的動作技能 (skill)。



Lesson Overview (課程說明)

01. 學科課程目標：

1. Freestyle breathe tutorial (自由式換氣練習)
2. Hold onto the wall, stand and freestyle pull (扶牆壁水中站立換氣練習)
3. Hold onto the wall, float, kick and freestyle pull (扶牆壁練習換氣加踢腳)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺（需換氣三次以上）與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

practice (練習)
stroke (泳姿)
breath (氣息)
breathe (呼吸 / 換氣)
set (組)

片語 Phrases

at a time (一次)
on the side of the _____ (在 _____ 邊)



Sentence Frames (句子)

1. Do you know any other strokes? Yes, I do know other strokes. / No, I do not know any other strokes. (你會其他式嗎？會，我會其他式。 / 不，我不會其他式。)
2. Would you like to lead the team? Yes, I can. / No, I cannot. (你可以帶頭嗎？可以，我可以帶頭。 / 不，我不可以帶頭。)
3. I learned how to do freestyle pull last week. (上星期我學會怎麼做自由式划手。)
4. I am looking forward to learn how to swim. (我很期待學會游泳。)
5. How do you feel when you swim? I feel _____ (happy / excited / scared) when I swim. (當你游泳的時候你感覺如何？當我游泳的時候我覺得很 _____ (開心 / 興奮 / 害怕))
6. Practice makes perfect. (熟能生巧。)
7. Put your head between your arms. (雙手夾耳朵。)



教學內容

1 Dry Land Freestyle Breathe Tutorial (岸上自由式換氣練習)

Stand on the side of the pool.

Bend over, put both of your arms next to your ears.

Do freestyle pulls. Eyes on the floor. Every 4 pulls, turn your head and breathe. Shoulder points to the roof.

Keep your arms next to your ears.



對話

T: Do you remember how to do freestyle pull?

S: Yes, I do. / No, I don't.

T: When was the last time you swim?

S: The last time I swam was _____ days ago.

T: Where are you supposed to look at when you are doing freestyle pull?

S: I am supposed to look at the bottom of the pool when I do freestyle.

T: Let's count every time we pull. Four pulls at a time. Ready? Go!

S: 1, 2, 3, 4. 1, 2, 3, 4.

T: Good job! Find a partner and practice with him/ her.



Activity Word Search Puzzle

The objective of this puzzle is to find and mark all the words hidden inside the box. The words may be placed horizontally, vertically, or diagonally. Cross the word if you find it.

W	H	G	F	Z	D	A	L	U	Practice (練習) Stroke (泳姿) Breath (氣息) Breathe (呼吸 / 換氣) Set (組)
C	P	O	H	W	O	W	O	Z	
R	T	R	T	L	K	H	I	B	
E	H	J	A	F	I	I	B	R	
K	M	I	E	C	R	A	U	E	
O	K	O	R	R	T	Q	S	A	
R	E	S	B	K	B	I	S	T	
T	O	S	F	Y	K	Z	C	H	
S	E	T	X	E	A	J	N	E	
C	A	U	V	X	I	U	P	A	

2 Hold Onto the Wall, Stand in the Water and do Freestyle Pull (扶牆壁水中站立換氣練習)

Get into the water and put your hands on the wall.

Bend over, put your head between your arms in the water.

Do freestyle pulls. Every 4 pulls, turn your head and breathe. Shoulder points to the roof.

Do 5 sets at a time.

★ 對話

T: What are we going to do now?

S: We are going to learn how to do freestyle pull.

T: Where does your shoulder supposed to point when you turn and breathe?

S: My shoulder will point to the roof when I turn and breathe.

T: Can you pull harder?

S: Yes, I can. / No, I can't.

T: Can you repeat what I said?

S: Yes, I can. / No, I can't.

T: Which one is harder to learn, kick or pull?

S: The freestyle _____ (kick/ pull) is harder to learn.

Activity Word Search Puzzle

Freestyle Pull By The Wall

Put both hands on the wall

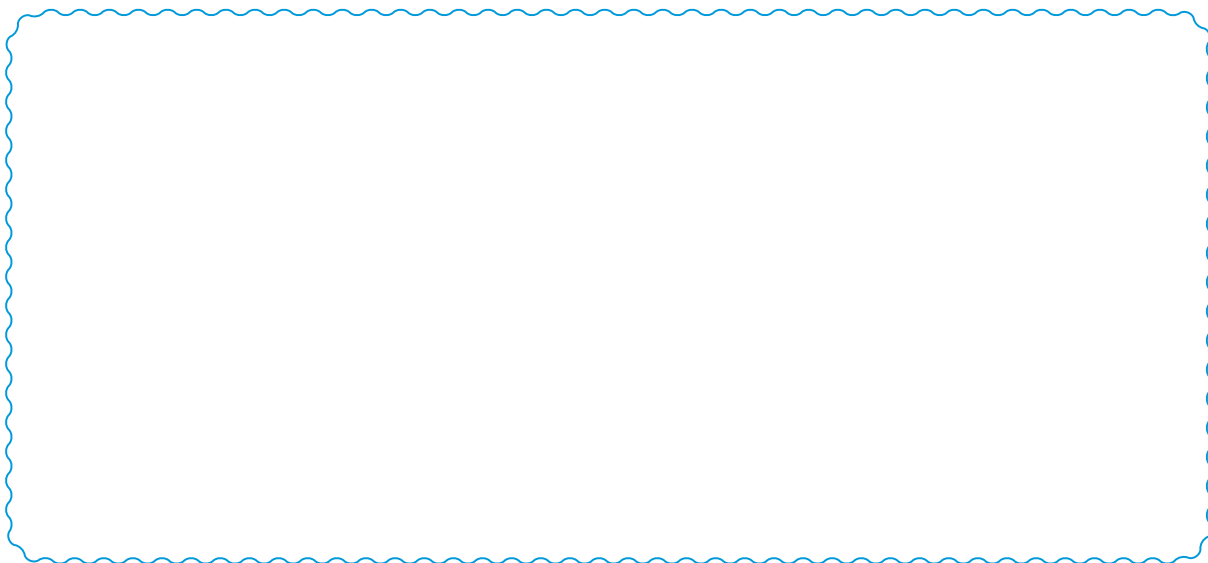
Put your head between your arms

Every 4 pulls, turn your head and breathe

Others:

Activity Swimming Knowledge

Do you know all 4 styles? Write them down or draw them down.



3 Hold Onto the Wall, Float, Kick and do Freestyle Pull

(扶牆壁練習換氣加踢腳)

Get into the water.

Grab the wall with both hands and extend your legs out behind you.

Put your whole face in the water and blow bubbles.

Continuous kick.

Do freestyle pulls. Eyes on the floor. Every 4 pulls, turn your head and breathe. Shoulder points to the roof.

Do 3-5 sets at a time.

對話

T: Let's line up. Put your hands on the wall, ready to float?

S: Yes!

T: Let's count to 3, put your face in the water and float.

S: 1, 2, 3, float!

T: How many sets do you think you can do?

S: I think I can swim _____ (3/ 4/ 5) sets.

T: How long have you been learning how to swim?

S: I have been learning how to swim for _____ (1, 2,3 ,4) weeks.

Activity **Let's Share**

How do you feel about the practice today? Write your thoughts down and share it with your friends.



Lesson 2

Freestyle (自由式)



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Lesson Overview (課程說明)

01. 學科課程目標：

1. Freestyle swim with kickboard (拿浮板自由式練習)
2. Sidekick practice with kickboard (浮板自由式側踢練習)
3. Freestyle regular swim (自由式)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

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- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

sidekick (側踢)
regular swim (正常游)
practice (練習)
streamline (流線型)
lead (帶領)
press (壓)
rhythm (節奏)

片語 Phrases

cross over (越線)
in front of _____ (在 _____ 之前)
get used to (習慣)



Sentence Frames (句子)

1. Do you know how to do sidekicks? Yes, I know how to do sidekicks.
/ No, I don't know how to do sidekicks. (你會側踢嗎？會，我會側踢。 / 不，我不會側踢。)
2. Freestyle is my favorite stroke. (我最喜歡自由式。)
3. I can swim without kickboard. (我不用浮板也可以游泳。)
4. Do you know any freestyle drills? Yes, I do. / No, I don't. (你知道自由式分解游嗎？是，我知道。 / 不，我不知道。)
5. Put one arm next to your ear. (將一隻手貼在耳朵旁。)
6. What do you think is the best season to swim? I think the best season to swim is _____ (spring / summer / autumn / winter). (你覺得什麼季節最適合游泳？我覺得 _____ (春天 / 夏天 / 秋天 / 冬天) 最適合游泳。)
7. Shoulder points to the roof. (肩膀指向天花板。)



教學內容

1

Freestyle Swim With Kickboard (拿浮板自由式練習)

Grab the kickboard with your both hands.

Kick the wall with both legs and float.

Continuous kick.

Do freestyle pulls. Eyes on the floor. Every 4 pulls, turn your head and breathe.

Shoulder points to the roof.

Do 3-5 sets at a time.

Exercise:

Relay (Put students into 2-4 teams evenly. Ask them to do freestyle swim with kickboard all the way to the other side of the pool, high fives their teammate and hand the kickboard to their teammate. The team who finishes first, wins the game.)



對話

T: How can we put _____ students into 4 teams?

S: Each team will have _____ students.

T: Can you grab 4 kickboards? Each team needs one.

S: Sure. / No, I don't want to.

T: What are you supposed to do when you finish your lab?

S: High five my teammates and pass him/ her the kickboard.

T: Did you do your best?

S: Yes, I did. / No, I saved my energy.

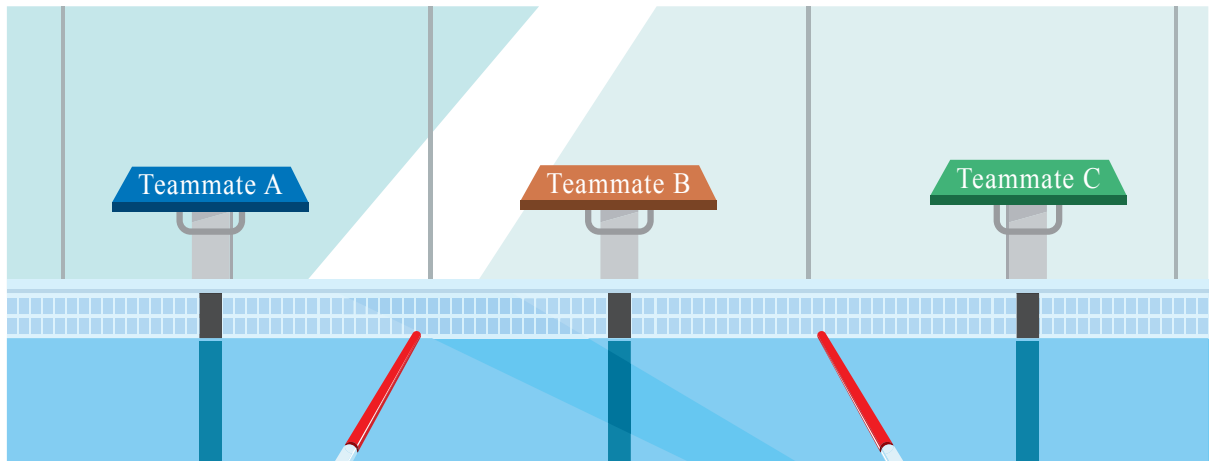
T: Who won?

S: Team _____ won.

T: Good job!

★ **Activity: Team Up**

Who was in your team today? Draw down your teammates.



2 **Sidekick practice With Kickboard** (浮板自由式側踢練習 P)

Kick the wall with both legs.

Put one arm next to your ear, hold onto the kickboard and lead the way; put the other arm hold down along the side. Shoulder points to the roof, eyes on the roof.

Hold on to a really nice streamline position. Don't let your lead arm cross over the center line of your body.

Keep your head stay close to the surface of the water.

After 10 meters, switch to the other side.

Do sidekicks without kickboard.

Exercise:

12 freestyle sidekicks and switch arm.

★ **對話**

T: Do you know what sidekick means?

S: Yes, I do. / No, I don't.

T: Can you show me how to do streamline?

S: Yes, I can. / No, I can't.

T: What are you supposed to do after you sidekick for 10 meters?

S: I am supposed to switch arm.

T: What is your favorite part today?

S: _____ is my favorite part today.

T: What is very important when you swim?

S: _____ is very important when I swim.

T: Do you enjoy the practice today?

S: Yea, I do. / No, I don't.



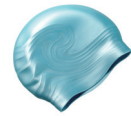
Activity My Gear

Write down the name of the gear







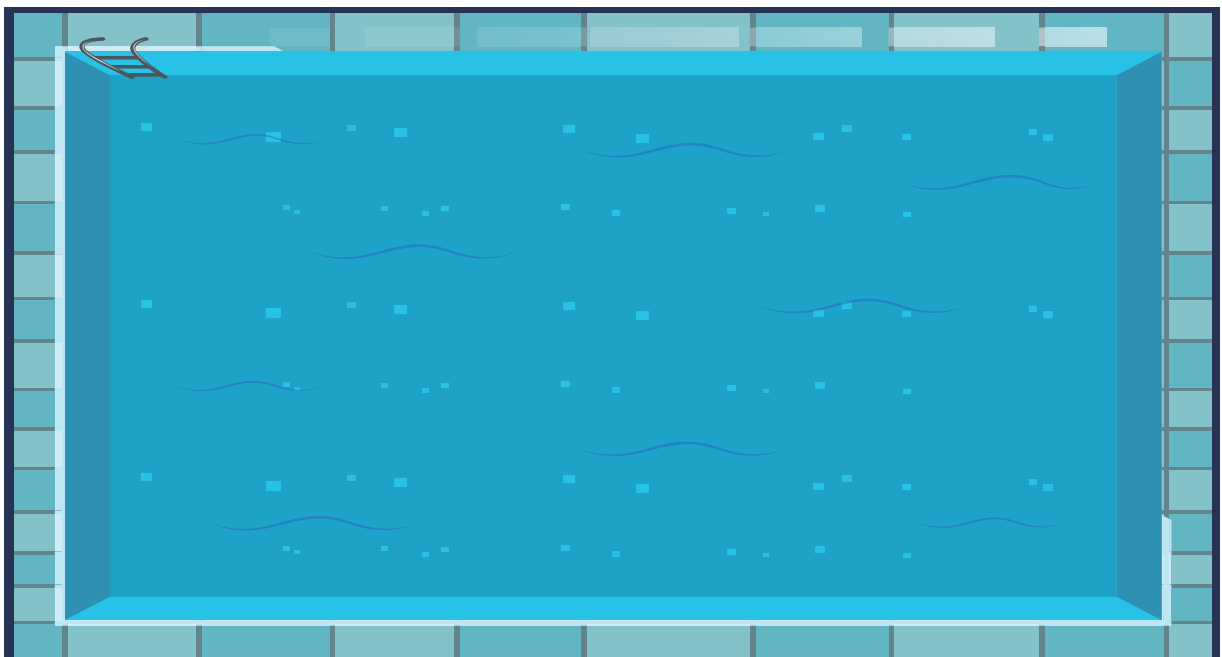






Activity Game Master

Create a game that you can play in the pool (write in down or draw it down and share with your friends)



3 Freestyle Regular Swim (自由式)

Kick the wall with both legs.

Do 4 freestyle pulls plus one sidekick. Turn your head and breath while doing sidekicks. Repeat.

Do not press the water while doing sidekicks.

When the students get used to the rhythm, shorten the sidekicks.

Focus on the breathing and increase the number of the breath.

Exercise:

15 meters regular swim sprint.

Tag.

★ 對話

T: Do you remember how to play tag?

S: Yes, I do. / No, I don't.

T: Can you tell other kids how to play tag?

S: Yes, I can. / No, I can't.

T: How many kickboards do we need while playing tag?

S: We only need one kickboard.

T: Who will be the tagger?


























S: _____ will be the tagger.

T: Don't forget to keep your arms straight!

S: No, problem.

🕒 Activity Freestyle Pull

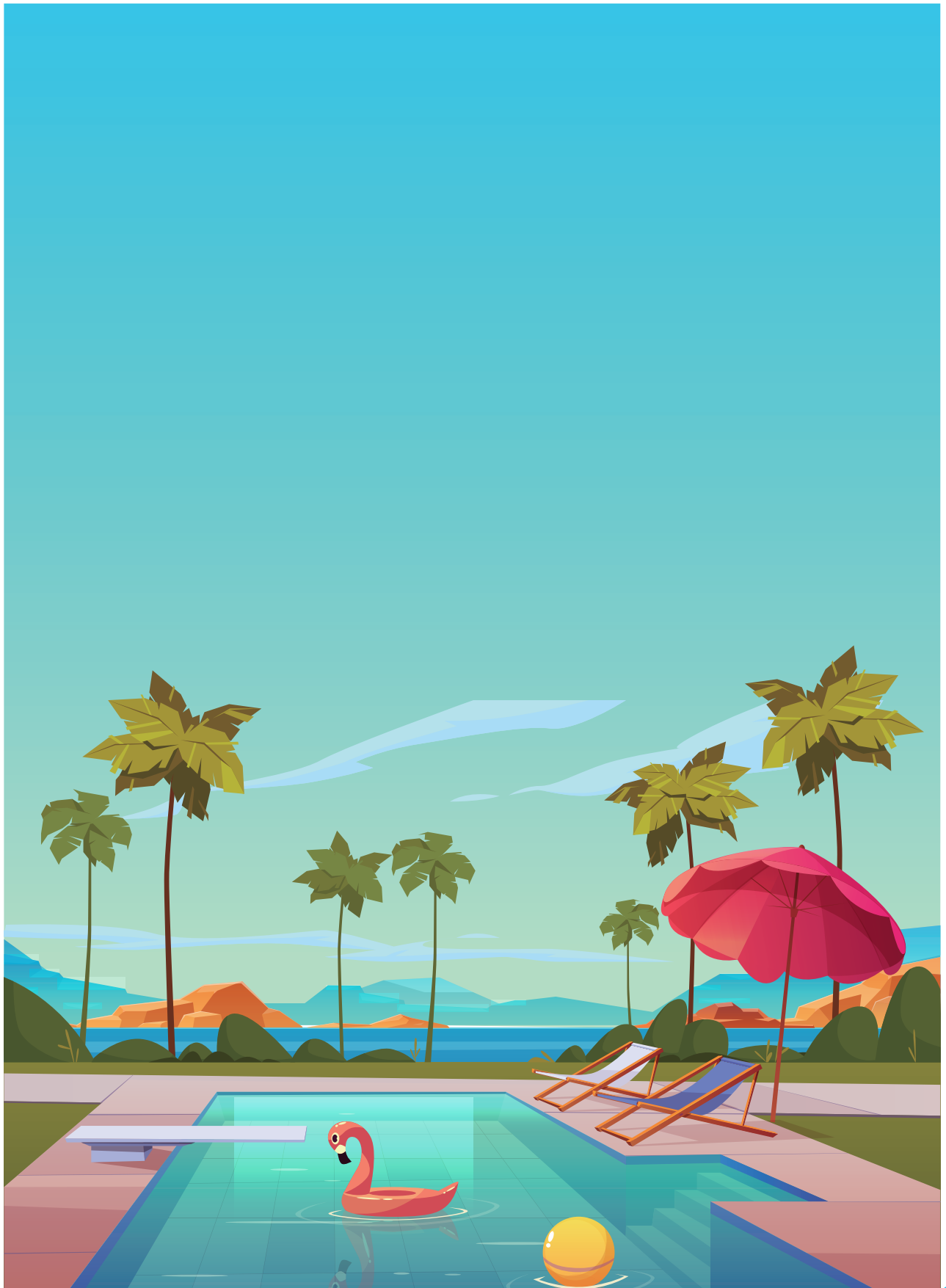
How good did you do today? Fill the sharks with colors.

How good am I?	
Kick the wall with both legs	    
4 pulls with one sidekick	    
Not pressing the water	    
Focus	    
Others	    



Activity **Let's Share**

How do you feel about the practice today? Write your thoughts down and share it with your friends.





Backstroke (仰式)

新北市榮富國小 楊仁傑教師

臺北美國學校 陳意平教師

臺北市立大學雙語研究中心 吳國誠

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Shoulder rotation backstroke kick. (仰式轉肩膀踢腳)
2. Backstroke 6 kicks 1 pull. (仰式 6 次踢腳 1 次划手)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺（需換氣三次以上）與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

rotate (旋轉)
flat (平)
turn (轉)
backstroke (仰式)
freestyle (自由式)
thigh (大腿)

片語 Phrases

push yourself (給自己壓力)
point to (指向)
next to _____ (在 _____ 旁邊)



Sentence Frames (句子)

1. Don't forget to rotate your shoulders. (不要忘記轉肩膀。)
2. Do you enjoy doing backstroke? Yes, I do enjoy it. / No, I don't like it. (你喜歡仰式嗎？是，我喜歡仰式 / 不，我不喜歡仰式。)
3. What did we learn last week? We learned _____ (backstroke kick / backstroke pull). (我們上禮拜學了什麼？我們學了 _____ (仰式踢腳 / 仰式划手)。)
4. Which stroke do you like better, freestyle or backstroke? I like _____ (freestyle / backstroke) better. (你比較喜歡自由式還是仰式？我比較喜歡 _____ (自由式 / 仰式))
5. Your pinky goes into the water first. (小拇指先入水。)
6. Keep on going! (繼續加油！)
7. Don't push yourself too hard. (量力而為。)



教學內容

1 Shoulder Rotation Backstroke Kick (仰式轉肩膀踢腳)

Put your arms next to your thighs.
 Kick the wall and float up.
 Kick backstroke kicks.
 Rotate your shoulders.
 Right shoulder points to the ceiling of the pool.
 Do 12 kicks and rotate your shoulders again.
 Repeat.

★ 對話

T: What is the most important thing about backstroke?
 S: Rotate your shoulder is the most important thing.
 T: Where do your eyes have to look at when you do backstroke?
 S: You have to look at the ceiling/roof of the pool.
 T: Are you ready to do it again?
 S: Yes, I am. / No, I am not.
 T: Who wants to lead the team?
 S: _____ wants to lead the team.
 T: Do you want to be a swimmer?

S: Yes, I do. / No, I do not.

T: Do you know any swimmer?

S: Yes, I know _____. / No, I don't know any.



Activity

Shoulder Rotation Backstroke Kick

How good am I?	
Rotate my shoulders	☆☆☆☆☆
Float up	☆☆☆☆☆
Stream line	☆☆☆☆☆
Eyes on the roof	☆☆☆☆☆
Always stay with pointed toe	☆☆☆☆☆
Others	

2 Backstroke 6 Kicks With 1 Pull (仰式 6 踢 1 划)

Put your arms next to your thighs. Kick the wall.

Float up. Kick backstroke kicks.

Rotate your shoulders.

Put your right arm to the ear and leave your left arm next to your thigh.

Right shoulder points to the ceiling of the pool.

Your pinky goes into the water first.

Do 6 kicks and rotate your shoulders and switch arm.

Exercise:

Try backstroke 3 kicks with 1 pull.



對話

T: How many kicks did you do?

S: I did 6 kicks.

T: Do you think you can do better than that?

S: Yes, of course. / No, I cannot.

T: Were your shoulders pointed to the ceiling of the pool?

S: Yes, they were. / No, they weren't.

T: Are you ready to do harder drills?

S: Yes, I am. / No, I am not.

T: Which finger should goes into the water first?

S: Pinky should goes into the water first.



Activity Backstroke 6 Kicks With 1 Pull

How far can I go	
1 st try	
2 nd try	
3 rd try	
4 th try	
My record	

What is your favorite part today? (Please draw in the box below and share with your classmates.)

A large, empty, light blue rectangular box with rounded corners and a decorative scalloped border, intended for drawing.



Breaststroke Kick

(蛙式踢腳)

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臺北美國學校 陳意平教師

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Dry land breaststroke kick tutorial. (岸上蛙式踢腳教學)
2. Breaststroke kick with hands on the wall. (扶牆蛙式踢腿)
3. Breaststroke kick. (蛙式踢腿)

02. 連結學習重點：

學習內容：Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺（需換氣三次以上）與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

bottom (臀部)
heel (腳跟)
extend (延伸)
hook (勾)
flex (柔軟)
bend (彎曲)
forward (向前)
glide (滑行)

片語 Phrases

bring your _____ (gear/ goggles)
(帶著你的 _____ (用具 / 泳鏡))
give up on _____ (swimming/
working) (放棄 _____ (游泳 / 工作))
partner up (組隊)



Sentence Frames (句子)

1. What is your favorite stroke so far? My favorite stroke is _____ (freestyle/ backstroke/ breaststroke) so far. (到目前為止你最喜歡什麼式？我最喜歡 _____ (蝶式 / 仰式 / 蛙式) 。)
2. Don't give up on yourself, you can do this! (不要放棄，你可以做到的！)
3. Extend your legs behind you. (將你的腳延伸。)
4. Do you want to try it again? Yes, I do. / No, I do not. (你想要再試一遍嗎？是，我想。 / 不，我不想。)
5. Let's warm up first. (我們先熱身。)
6. Who is your teammate? _____ is my teammate. (誰是你的隊友？ _____ 是我的隊友。)
7. How far can you swim with only 3 kicks with 1 breath? I can swim for _____ (5/ 6/ 7) meters. (一口氣三次蛙式踢腳你可以踢多遠？我可以踢 _____ (5/ 6/ 7) 公尺。)



教學內容

1 Dry Land Breaststroke Kick Tutorial (岸上蛙式踢腳教學)

Grab 2 kickboards. Put the kickboards on the floor.

Face down and lie down on the kickboards.

Bend your legs, flex and hook your feet. Bring your heels closer to your bottom.

Rotate your feet out in a round, away from the center, maintaining flexed feet.

Bring your feet back forward and pointed.

Count to 3 and repeat.

Do 10 times.



對話

T: Have you tried breaststroke kick before?

S: Yes, I had. / No, I hadn't.

T: Have you ever seen a frog swims?

S: Yes, I had. / No, I think a frog is gross.

T: Breaststroke kick is the same as a frog swim.

S: That's interesting!

T: Are you ready to swim like a frog?

S: Yes, I am. / No, I'm not.

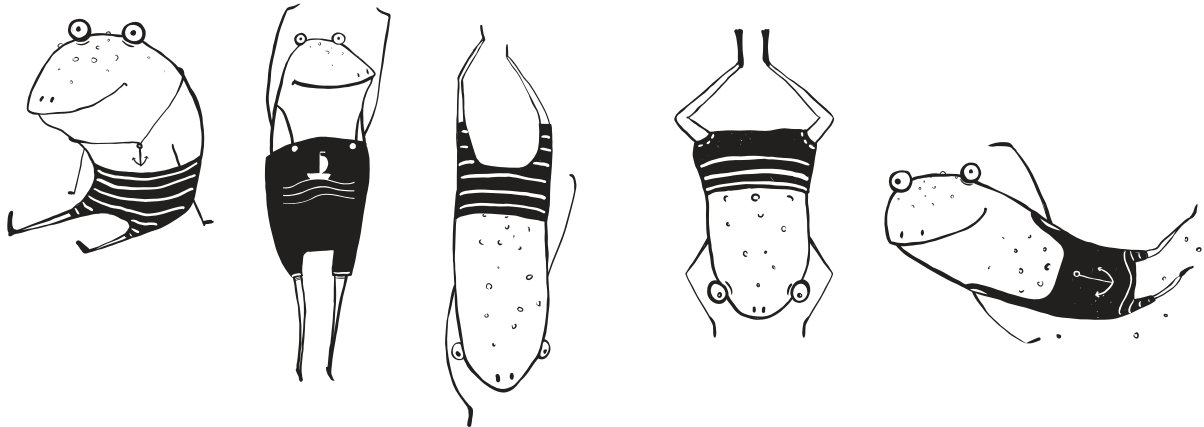
T: Let's go get your gear.

S: I can't wait to swim like a frog!



Activity Create Your Own Frogs

Find a frog and observe it swims. Then draw it down in the box.
(You can search on the net if you can't find a frog.)



Activity Who is on the blocks?

Read the clues below to find out who is standing on each starting block. (每格一個穿著泳衣的人圖) Fill in each name under the correct block.

Julie 紅色
泳帽 (女)

Ning 是最
瘦的 (女)

Jimmy 穿著藍
色泳褲 (男)

gary (男)

Apple
(女)

Patricia
(女)

Fill the name

Fill the name

Fill the name

Fill the name

Fill the name

Fill the name

- Ning is the skinniest swimmer of all.
- Jimmy is wearing a blue swim trunk.
- Patricia is on block 6.
- Julie is about to put her red cap on.
- Apple is on the block between Gary and Patricia.
- Which block is Gary standing on? _____

2 *Breaststroke Kick With Hands on the Wall* (扶牆蛙式踢腿)

Get into the water, hold onto the wall.

Extend your legs behind you.

Bend your legs, flex and hook your feet. Bring your heels closer to your bottom.

Rotate your feet out in a round, away from the center, maintaining flexed feet.

Bring your feet back forward and pointed.

Count to 3 and repeat.

Do 10 times.

Exercise:

Partner up and help out your partner with his/her breaststroke kick (a. Don't forget to flex and hook your feet. Remember to rotate your feet in a round.)

對話

T: Are you tired because of doing breaststroke kicks with hands on the wall?

S: Yes, I'm tired. / No, I'm not tired.

T: Which stroke do you think you are better at?

S: I'm better at _____ (freestyle/ backstroke/ breaststroke).

T: In the next phase, we are going to leave the wall and do breaststroke with a kickboard.

S: It sounds very difficult. But I'm also excited.

T: It is difficult at first, but if you keep on practicing it will be easy.

S: Are you ready for the next phase?

T: Yes, I am.



Activity

Put the words in the box in ABC order.

bottom / heel / extend / hook / flex / bend / forward / glide



1	
2	
3	
4	
5	
6	
7	
8	

3 Breaststroke 2 Kicks With 1 Breath (蛙式兩次踢腳一次抬頭換氣)

Grab a kickboard, stand against the wall.

Eyes on the bottom of the pool, kick the wall and extend your feet out, glide.

Do 2 breaststroke, raise your head and breathe.

Put your head back into the water and repeat.

Exercise:

How far can you swim with only 3 kicks



對話

T: How far can you swim with only 3 kicks?

S: I can swim _____ (half / one-third) of the pool with only 3 kicks.

T: Who can swim the farthest with only 3 kicks in the class?

S: _____ can.

T: Do you have fun learning breaststroke kicks?

S: Yes, I do. / No, I don't.

T: Do you think that a breaststroke kick is similar to a frog kick when it swims?

S: Yes, it's just like the frog kicks when it swims.

T: Do you think you can swim without a kickboard now?

S: Yes, I am well prepared. / No, I still feel scared without a kickboard.

Activity My Practice

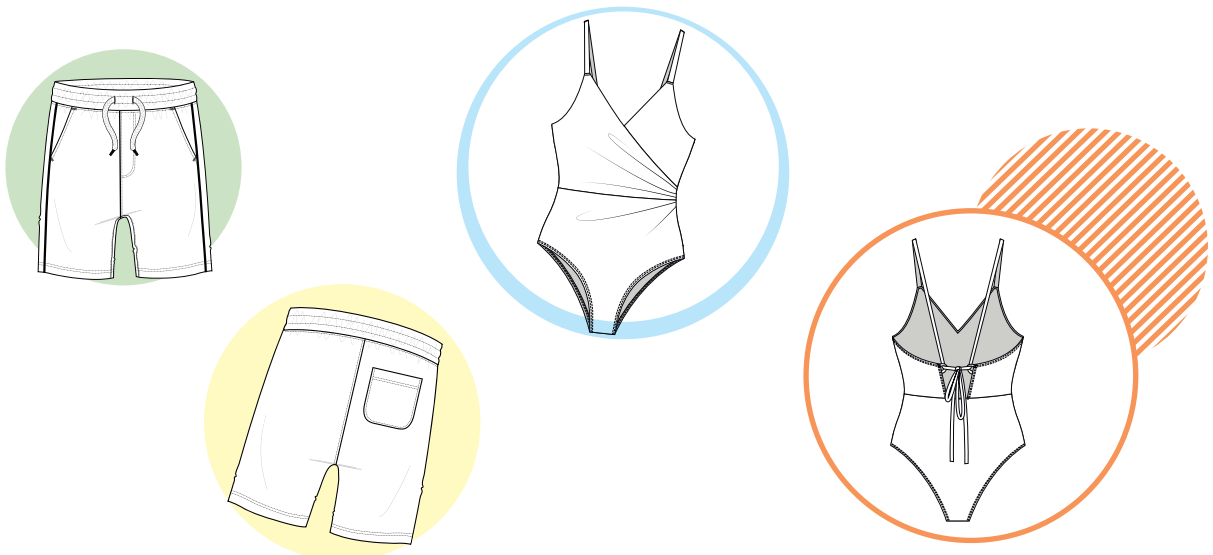
Practice breaststroke 2 kicks with 1 breath two times a week, continue for a month.

Record every practice, try to find the improvement you made every time.

Date	How long have you practice?	Feelings.
/ / /	minutes	
/ / /	minutes	
/ / /	minutes	
/ / /	minutes	
/ / /	minutes	

Activity I am a Designer

Design a colorful swimsuit to wear while swimming. (Please draw in the box below and share with your classmates.)



Lesson 2



Breaststroke Pull (蛙式划手)

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Breaststroke pull dry land tutorial (岸上蛙式划手教學)
2. Breaststroke pull (水中蛙式划手)
3. Breaststroke pull walking practice (水中行走蛙式划手練習)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
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- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

tuck (縮)
outwards (向外)
surface (水平面)
chest (胸口)
raise (提 / 抬)

片語 Phrases

breathe in (吸氣)
breathe out (吐氣)
in the meanwhile (同時)
slightly away from _____ (wall/
ground)(輕輕地遠離 _____ (牆壁 / 地板))



Sentence Frames (句子)

1. Rotate your hands outwards. (將手向外張開。)
2. Eyes on the floor. (眼睛看地板。)
3. Tucked in your elbows. (把腋下夾緊。)
4. Do you know the other name of breaststroke? Yes, it is called _____ (frog stroke/ froggy stroke). (你知道蛙式又可以稱作什麼嗎？我知道，又可以稱作 _____ (frog stroke/ froggy stroke)。)
5. Can you move 3 steps forward? Yes, of course. / No, I rather stay here. (你可以前進三步嗎？當然。/ 不，我想停在這裡。)
6. What do you think is the most important thing when you do breaststroke? I think the most important thing will be _____ (to flex your feet/ to glide). (你覺得蛙式最需要注意什麼？我覺得由蛙式最需要注意 _____ (勾腳 / 漂行)。)
7. Every time after you kick, you have to stay streamline and glide for at least 2 seconds.
8. Did you help your partner improve his/ her breaststroke? Yes, I did. / No, I didn't. (你有幫助你的隊友蛙式游得更好嗎？有，我有。/ 不，我沒有。)



教學內容

1 Breaststroke Pull Dry Land Tutorial (岸上蛙式划手教學)

Bend your body 90 degrees.

Put your arms next to your ears, keep your chin down and eyes on the floor.

Rotate your both hands outwards, palms facing downwards and slightly away from the center of the body, meanwhile, raise your head and breathe.

Widen your wrists away from the center of your body. Tucked in your elbows. Pull your hands toward to your chest.

Put your head back in the water, eyes on the floor.

Extend your arms.



對話

T: Do you remember doing breaststroke kicks? We learned in the last class.

S: Of course!

T: Have you practiced on your own?

S: Yes, I have practiced _____ (two / three / four) times this week.

T: Sounds great. Today we are going to learn how to do breaststroke pulls.

S: Sure. We should warm up together first.

T: Let's do 10 jumping jacks together.

S: (Counting 10 jumping jacks.)

T: Now are you all warmed up?

S: Yes, I'm ready to start.



Activity Match the Picture

Matching. Connect the picture to the words.

(picture of breathing in)

floating on surface

(picture of breathing out)

breathe in

(picture of the floating on surface)

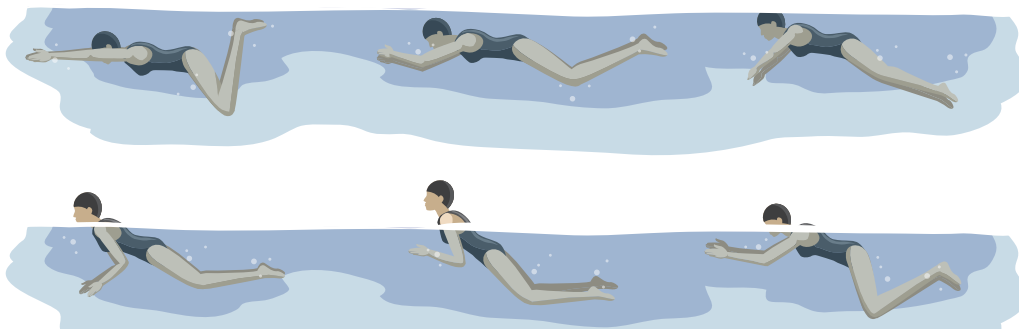
breathe out

(picture of eyes on the floor)

tucked in your elbows

(picture of tucked in your elbows)

eyes on the floor



2 Breaststroke Pull (水中蛙式划手)

Get into the water

Stand in the water, bend your body 90 degrees.

Put your arms next to your ears, face in the water, eyes on the bottom of the pool.

Do breaststroke pull.

Repeat 10 times.

Every time you pull, raise your head and breathe.



對話

T: What do you feel while standing in the water?

S: I felt different from standing on the ground.

T: Can you tell me what is the differences between them?

S: I think it is harder to stand still in the water. But why?

(比較多水的情況)

T: It is because the water is floating you up.

T: Have you ever stood in the water with one leg before?

S: Yes, I had. / No, I hadn't.

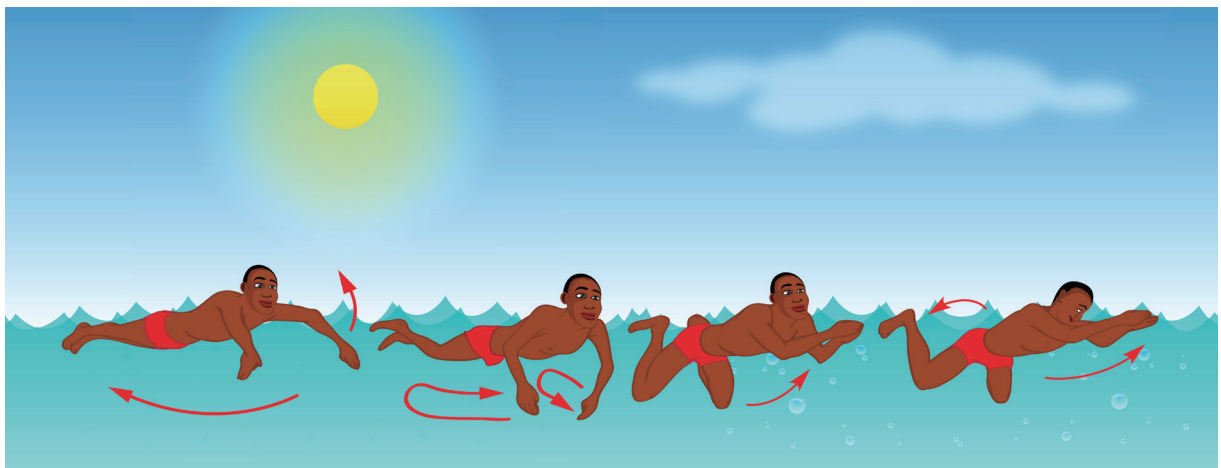
T: Is breaststroke pull harder than breaststroke kick?

S: Yes, I think breaststroke pull is harder. / No, breaststroke pull is a piece of cake to me.



Activity What is the order of breaststroke pull?

Follow the breaststroke pull order and number the picture from 1 to 5.



Activity Word Search Puzzle

The objective of this puzzle is to find and mark all the words hidden inside the box. The words may be placed horizontally, vertically, or diagonally. Cross the word if you find it.

T	R	A	I	S	E	Y	K	N	I	P
S	S	T	R	A	I	G	H	T	W	T
O	U	T	W	A	R	D	S	U	T	U
A	O	E	S	U	R	F	A	C	E	E
F	U	W	L	Q	Z	A	I	K	Y	G
U	T	O	E	G	X	P	T	S	S	U
Q	D	B	G	D	B	E	P	E	T	C
H	E	L	Y	T	S	E	H	C	I	A
T	R	E	C	O	V	E	R	J	R	J

tuck (縮)
outwards (向外)
surface (水平面)
chest (胸口)
raise (提 / 抬)

3 Breaststroke Pull Walking Practice (水中行走蛙式划手練習)

Put your arms on the surface, bend down and put your head in the water.
Do breaststroke pull.

Walk 3 steps forward every time you pull.

No need to rush. Breathe every time you pull.

Exercise:

Partner up and help each other with breaststroke (a. Did you glide after you kick? b. Do not tuck your chin. c. Stay closer to the surface.)

★ 對話

T: How do you feel about today's lesson?

S: I felt exhausted. / I think I like breaststroke pulls pretty much.

T: Which part of the breaststroke do you think is harder? (Glide after you kick / Don't tuck your chin / stay closer to the surface)

S: _____ (Glide after you kick / Don't tuck your chin / stay closer to the surface) is harder for me.

T: Have you accidentally drank any pool water?

S: Yes, I drank a lot. / No, I hadn't.

T: What do you think is the most important doing breaststroke?

S: _____ is the most important.

T: Have you drank any tap water after exercising?

S: No, but I'm going to drink a lot of water now!

Activity Check Box

Do you and your partner do it's right? (If you have done it, put a check in the box.)

	Name (your name)	Name (your partner's name)
Glide after you kick		
Didn't tuck your chin		
Stay closer to the surface		



Activity

What's the tip of doing backstroke? (Please write down 2 tips and share with your friends)



Lesson 3



Breaststroke Drill

(蛙式分解練習)

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Breaststroke pull with small kickboard (夾浮板蛙式划手)
2. Breaststroke kick on the back (仰蛙踢腳)
3. Breaststroke (蛙式兩次踢腳一次換氣)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
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- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

against (對抗)
splash (水花)
farthest (最遠)
remain (保持 / 維持)
streamline (流線)

片語 Phrases

in between (之間)
as fast as _____ a (cheetah/ deer)
(跟 _____ (花豹 / 鹿) 一樣快)
get used to _____ (swimming/
studying) (習慣 (游泳 / 讀書))



Sentence Frames (句子)

1. Who swam the farthest last time? _____ swam the farthest last time.
(上次誰游最遠? _____ 上次游最遠。)
2. Name two things you learned today. I learned _____ and _____
(breaststroke pull/ breaststroke on the back) today. (講出兩個你今天學的動作。我今天學了 _____ 和 _____ (蛙式划手 / 仰躺蛙式踢腳)。)
3. Are you getting used to swim in the morning? Yes, I got used to it./ No, I am not. (你習慣早上游泳了嗎? 是, 我習慣了。 / 不, 我還不習慣。)
4. How fast can you swim? I can swim as fast as _____ a (dolphin/ shark) (你可以游多快? 我可以游的跟 _____ (海豚 / 鯊魚) 一樣快。)
5. Put the small kickboard between your legs. (把小浮板夾在兩腿中間。)
6. Which one is easier, backstroke or breaststroke on the back? I think _____ (backstroke/ breaststroke on the back) is easier. (你覺得蛙式比較簡單還是仰躺蛙式踢腿比較簡單? 我覺得 _____ (蛙式 / 仰躺蛙式踢腿) 比較簡單。)
7. You did a great job, well done. (你做得很好。)
8. Where should you stand before you start? I should stand against the wall before I start. (開始前你應該站在哪裡預備? 我應該站在牆前面預備。)



教學內容

1 Breaststroke Pull With Small Kickboard (夾浮板蛙式划手)

Grab a small kickboard and put it between your legs.

Kick the wall and remain streamline.

Do breaststroke pull.

Catch as much water as you can.

Extend your arms and rest for 3 second.

Repeat.

Exercise:

Go with breaststroke pull, come back with breaststroke kick

★ 對話

T: How do you feel after doing breaststroke pull with kickboard?

S: I felt _____ .

T: Do you stretch your arm after exercising?

S: Yes, I do. / No, I have never stretched before.

T: Stretching is important after exercising.

S: Why is it important?

T: Because it can prevent you from cramping.

T: Is remaining streamlined hard for you?

S: Yes, it is hard. / No, I like remaining streamlined.

Activity Check Box

Drawdown your swimming gear bag.



Exercise: Check Box

Stretches your body. (If you have done it put a check in the box.)	
Body Parts	check
Arms	
Shoulders	
Neck	
Legs	
Others	
others:	

2 Breaststroke Kick on the Back (仰蛙踢腳)

Face against the wall. Put your arms next to your thighs.

Kick the wall.

Keep your body streamline. Float up.

Do breaststroke kick on the back.

Glide for 2 seconds every time after you kick.

Keep your legs flex and kick in the water, do not kick out any splash.

Exercise:

Breaststroke kick on the back with kickboard

★ 對話

T: How many breaststroke kicks on the back can you do in a row?

S: I can do _____ (three / four / five) times in a row without feeling tired.

T: What is the key to floating?

S: _____ (relax/ don't tuck your chin) is the key to floating.

T: What is important when doing breaststroke kick on the back?

S: Keeping your legs flexed and kicking in the water is important.

T: What do you do to ease yourself in the water?

S: I will _____ to ease myself in the water.

T: Can you show me what is kicking out splashes?

S: Sure.



Activity True or False.

What are you supposed to do while doing breaststroke kicks on the back? Write down true or false in the box.

Face the wall

(False)

Kick the wall

(True)

Keep your body streamline

(True)

Kick out splashes

(False)

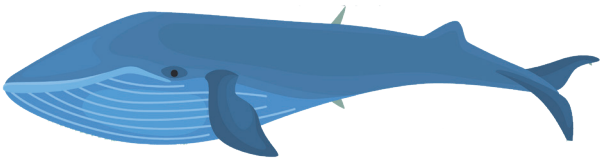


Activity Connect the Dots.

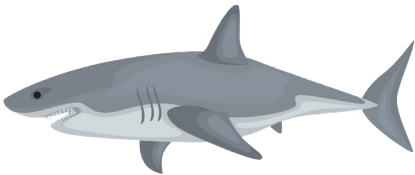
What kind of animals is that? Connect the picture with the right answer.



seal



dolphin



whale



penguin



shark

3

Breaststroke (蛙式兩次踢腳一次換氣)

Back against the wall.

Kick the wall.

Do 1 breaststroke pull with two breaststroke kicks.

Glide for 2 second every time after you kick.

Exercise:

Gliding master (kick the wall, stay streamline and see who can glide the farthest)

★ 對話

- T: Are you scared of doing breaststroke without a kickboard?
- S: Yes, I felt insecure without a kickboard. / No, I think I am good at it.
- T: Can you tell me the difference between using a kickboard and not doing breaststroke?
- S: I think _____.
- T: What did you learn in today's lesson?
- S: I learned how to swim in breaststroke style.
- T: What is the hardest part for you in doing breaststroke?
- S: I think the hardest part is to do _____. (breaststroke pull / breaststroke kick)
- T: Will you practice a lot after the class?
- S: Yes, I will.

Activity Swimming Plan










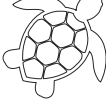


My practicing plan. Write down your own practicing plan.

Date	practicing plan	what I really done
/ /	1. 2. 3.	1. 2. 3.
/ /	1. 2. 3.	1. 2. 3.
/ /	1. 2. 3.	1. 2. 3.
/ /	1. 2. 3.	1. 2. 3.
/ /	1. 2. 3.	1. 2. 3.



Activity Sea Turtle Check Box

How good did you do? Color the sea turtle down below.

How good am I?	
breaststroke pull with kickboard	  
breaststroke kick on the back	  
breaststroke	  
Others	  

Lesson 4



Breaststroke (蛙式)

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臺北美國學校 陳意平教師
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單元設計理念 (Unit Concept)

單元設計以國民小學健體領域第三學習階段核心素養具體內涵為主軸設計，並以學習重點中「挑戰類型運動」的游泳主題項目來提供游泳雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習游泳基本運動技術中蛙式的動作技能 (skill)。



Lesson Overview (課程說明)

01. 學科課程目標：

1. Breaststroke (蛙式)
2. Tread water (蛙式立泳)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺（需換氣三次以上）與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

tread water (立泳)
relay (接力)
scull (搖櫓)
straight (伸直)
spine (脊椎)

片語 Phrases

start over (重新來過)
trust yourself (相信自己)
at least (至少)



Sentence Frames (句子)

1. Is this the first time you learn how to tread water? Yes, it is/ No, it is not. (這是你頭一次學怎麼立泳嗎？是，這是我第一次學 / 不，這不是我第一次學。)
2. How many seconds do you need to glide between 2 kicks? I need to glide at least _____ (2) seconds. (在兩次踢腿之間最少要漂幾秒呢？在兩次踢腿之間最少要漂 (2) 秒。)
3. Are you supposed to have big splash when you do breaststroke? No, I am not supposed to kick out splash when I do breaststroke. (當你蛙式踢腿的時候可以踢出很大的水花嗎？不，我不應該踢出水花。)
4. Keep your spine nice and straight. (拉直你的脊椎。)
5. Keep your arms sculling sideways and downward. (當你搖櫓的時候注意要往外、往下推水。)
6. Are you tired after treading water? Yes, I am./ No, not at all. (立泳很累嗎？是，立泳很累 / 不，立泳不累。)
7. Come on! Trust yourself, let's do it again. (加油！你要相信自己，我們再做一次。)
8. What do you call the game where equal teams race to achieve a task? It is called relay. (有一個遊戲是兩對 (甚至更多) 在一樣的條件下接續完成任務，你知道叫什麼嗎？這個遊戲叫做接力。)



教學內容

1 Breaststroke (蛙式)

Back against the wall.

Kick the wall.

Do 1 breaststroke pull and 1 breaststroke kick.

Keep your legs in the water, knees pointed down of the pool every time you kick.

Glide for 2 seconds within two kicks.

Exercise:

How far can I swim with only 5 breaststroke swim

Breaststroke relay

對話

T: Do you remember the breaststroke we taught in the last class?

S: Yes, I remember.

T: Should you kick out splashes while doing breaststroke?

S: No, we should keep our legs in the water and not kick out splashes.

T: Good. Today we are going to review breaststroke.

T: Have you guys warmed up yet?

S: Yes, we have done _____ for warm-up.

T: Since you remember how to do breaststroke, we can start right away.

S: I'm ready.



Activity Write Down Your Feelings










Compare the breaststroke you did in today's class with the last class.
Write down your improvement and feelings.





Activity Fill the Seahorse

How did you do today? You did a great job! Color one star every time you cheer yourself up.

Give yourself some applause.	  
Tell yourself "you done a great job today."	  
Don't give up!	  

2 Tread Water With Breaststroke Kick (蛙式立泳)

Stand in water, keep your spine nice and straight.

Float up, keep your head above the water.

Do full breaststroke kick derived from your hips and stay flexed feet.

Keep your arms sculling sideways and downward.

Tread 10 seconds, 3 times.

Exercise:

Tread water competition (who can tread for the longest without standing up) (a. Are you still kicking? b. make sure you keep your head up above the water.)

★ 對話

T: Today we are going to learn something new!

S: What are we going to learn?

T: We are going to learn to tread water with breaststroke kicks. Have you tried it before?

S: Yes, I did. / No, it's a brand new thing for me.

T: Which do you think is harder breaststroke or tread water with a breaststroke kick?

S: I think _____ (breaststroke / tread water with breaststroke kick) is harder.

T: Why do you think it's harder?

S: Because _____ .

T: It's okay to feel hard at first, but if you keep on practicing then one day you will be good at it.



Activity Can you Float?

Color the object that can float.



Activity Word Search

Find the words on the right and circle it.

S	C	U	L	L	A	C	E	F
L	A	C	E	E	U	K	H	P
L	E	R	T	V	W	Q	M	O
I	S	T	R	A	I	G	H	T
D	P	B	E	E	D	I	O	H
C	I	M	L	D	P	L	M	Y
W	N	W	A	C	F	I	W	X
G	E	X	Y	S	D	D	W	E

relay (接力)
 scull (搖櫓)
 straight (伸直)
 spine (脊椎)



Butterfly 101 (蝶式入門)

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Dolphin jump (魚躍)
2. Butterfly kick with arms next to your thighs (手貼大腿蝶式踢腿)
3. Butterfly kick with arms next to your ears (手在耳朵兩側蝶式踢腿)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

forward (向前)
butterfly (蝶式)
dolphin jump (海豚跳)
scull (搖櫓)
outward (向外)
position (位置)

片語 Phrases

the opposite of _____ (sad/ tall/ big) (_____ (難過 / 高 / 大) 的相反詞)
keep on _____ (swimming/ running/ eating)
(持續 _____ (游泳 / 跑步 / 吃))
holding on (拿著)



Sentence Frames (句子)

1. Do you know what stroke are we learning? We are learning butterfly.
(我們現在在學什麼呢？我們現在在學蝶式。)
2. Have you ever seen dolphins before? Yes, I have seen dolphins before.
(你有看過海豚嗎？有，我有看過海豚。)
3. What is the opposite of backward? The opposite of backward is forward.
(後退的相反詞是什麼？後退的相反詞是前進。)
4. Keep on kicking.
(持續踢腳。)
5. Stay focus while you swim.
(游泳時請保持專注。)
6. Which one is easier to learn, breaststroke kick or butterfly kick? I think _____ (breaststroke kick/ butterfly kick) is easier to learn.
(蛙式踢腿比較簡單還是蝶式踢腿？我覺得 _____ (蛙式踢腿 / 蝶式踢腿) 比較簡單。)
7. What kind of sea animal would you be? I would be a _____ (sea turtle/ dolphin/ jellyfish).
(如果可以當一種海洋動物，你會想當什麼？我想當 (海龜 / 海豚 / 海馬)。)



教學內容

1 Dolphin Jump (海豚跳)

Get into the water.

Keep your arms next to your ears.

Bend your knees, and up and forward like a dolphin.

Let your body follow your arms' flow.

Touch the bottom of the pool, bend your elbows and push your body back up.

Stand up and repeat.

Exercise:

Who can jump over the noodle. (partner up. 1 student holding on a noodle and the other student jump over it)

★ 對話

T: Did you remember what we learned in the last phrase?

S: We learned breaststroke.

T: That's right. And what kind of animal do we need to swim like during breaststroke?

S: We have to swim like a frog.

T: Can you show me how to swim like a frog?

S: Yes, I can!

T: Great job! So today we are going to learned how to swim like a dolphin.

S: I know how to swim like a dolphin.










T: Can you show it to me?

Activity Where are the dolphins?



Activity Check Box

Have you warmed up yet? (Color the swim ring if you finished it.)

Do 10 jumping jacks	  
Stretch your arms and legs	  
Others:	  

2 Butterfly Kick With Arms Next to your Thighs (手貼大腿蝶式踢腿)

Put your arms next to your thighs.

Press your chest down.

Push your hips down.

Finish with freestyle kick with both legs at the same time.

Follow your upper body.

Kick nice and deep, keep both legs together.

Exercise:

Partner up and help out your classmate.

★ 對話

T: Which one do you think is harder, swimming like a dolphin or a frog?

S: I think swimming like a _____ (dolphin / frog) is harder.

T: Why is harder for you?

S: Because _____ .

T: Have you ever tried a butterfly kick before?

S: Yes, I had. / No, I have never tried it before.

T: A butterfly kick is harder than a freestyle kick.

S: Why is it harder?

T: Because we need to kick with both legs at the same time.

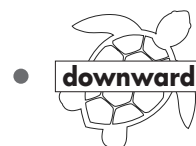
S: It sounds fun. I can't wait to try.

Activity The Opposite World

Connect the opposite word.



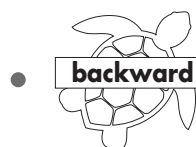
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Activity Check Box

Are you ready to swim? (Put a check if you finished it.)

Date	September /27/2023	___/___/___	___/___/___	___/___/___
Warm Up	<input checked="" type="checkbox"/>			
Gear (goggle, towel, swimsuit, cap)	<input checked="" type="checkbox"/>			
Being Focus	<input checked="" type="checkbox"/>			
Others: _____				

3 Butterfly Kick With Arms Next to your Ears (手在耳朵兩側蝶式踢腿)

Scull your arms in eye position and outward into a wide position.

Focus on your body movements.

Press your chest down.

Push your hips down.

Finish with the kick down.

Chain three movements together.

Do not kick too deep.

Repeat.

Exercise:

How many kicks do you need to kick for 10 meters.



對話

T: Focusing on your body movements is important in every sport.

S: Why is it important?

T: Because we need to control our bodies. Only if we control our body, we can swim fast.

S: What are we supposed to do to control our body?

T: We can start by being aware. Which means you have to focus on your body.

S: I think I am focusing on my body, but I still can't control my body and swim fast.

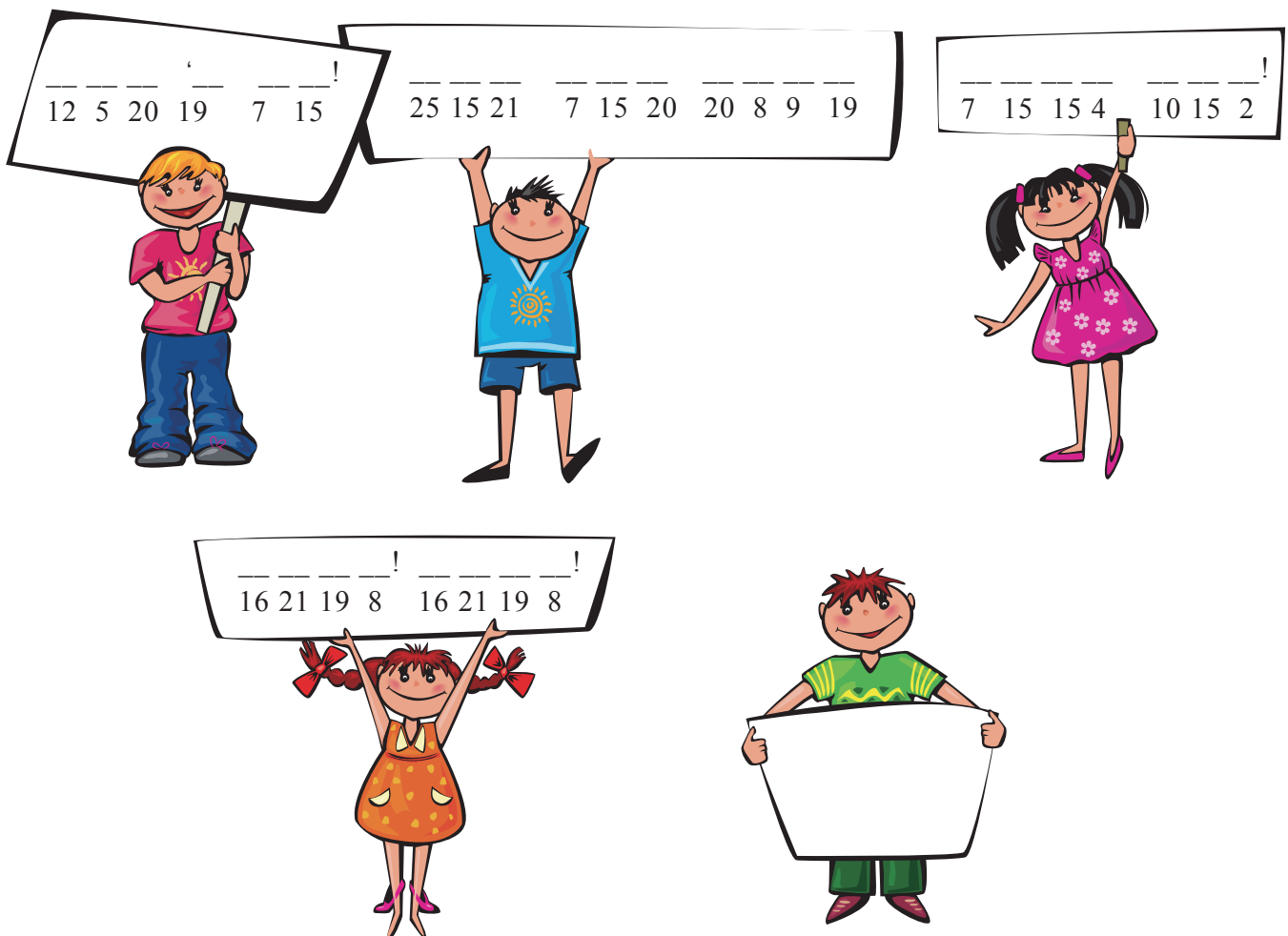
T: Good thing takes time. Keep on practicing, one day you will be able to control them.

S: I should go practice now! I want to be good at swimming.

Activity Cheer Up!

The fans have brought signs to the pool. Do you know what they say on the signs?

1. Use the code to match each number with the letter. Write down the letters in the blanks.
2. Make your own sign by using the code.

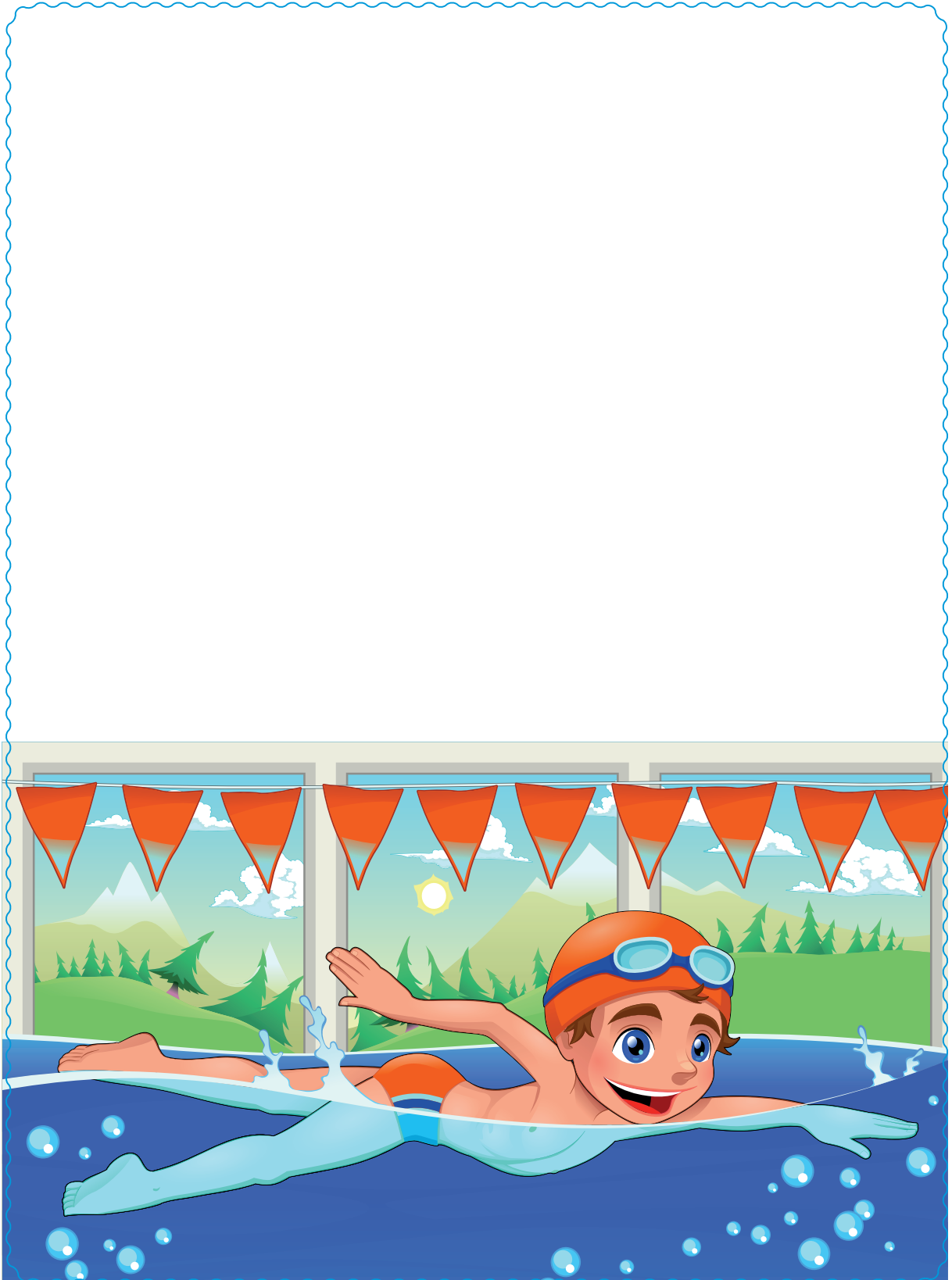


A	B	C	D	E	F	G	H	I	J	K	L	M
1	2	3	4	5	6	7	8	9	10	11	12	13
N	O	P	Q	R	S	T	U	V	W	X	Y	Z
14	15	16	17	18	19	20	21	22	23	24	25	26



Activity Let's Share

Group up in two. Talk to your partner about the feelings and difficulties while doing butterfly kicks. Write down or draw down anything you want to share.



Lesson 2



Butterfly Kick (蝶式踢腿)

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Cobra pose (眼鏡蛇式)
2. Butterfly kick with kickboard (蝶式浮板踢腳)
3. Single arm butterfly (蝶式單邊划手)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

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- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

cobra pose (眼鏡蛇式)
squeeze (擠)
palm (手掌)
hip (屁股)
underneath (底下)

片語 Phrases

start over (重新開始)
set up (佈置)
look after (照顧)



Sentence Frames (句子)

1. Do you know how to do yoga? Yes, I know how to do yoga. (你會做瑜珈嗎？是，我會做瑜珈)
2. Do you know what this pose called? This pose is called cobra pose. (你知道這個姿勢稱做什麼嗎？這個姿勢稱做眼鏡蛇式。)
3. Let's start over. (我們重新開始。)
4. I should not crunch my shoulders while doing cobra pose. (在做眼鏡蛇式的時候我不應該聳肩。)
5. Who can set up the kickboard for me? I can set up the kickboard for you. (誰可以幫我擺好浮板？我可以幫你擺好浮板。)
6. Look after each other when you swim. (在練習游泳的時候要互相照顧。)
7. What is the opposite of above? The opposite of above is underneath. (在 _____ 之上的相反詞是什麼？在 _____ 之上的相反詞是在 _____ 之下。)



教學內容

1 Cobra Pose (眼鏡蛇式)

Grab 2 kickboards. Put them on the ground.

Lie down, extend your legs behind you.

Roll your shoulders forward up and back.

Bend your elbows, put your palms shoulder wide underneath your shoulders, closer to your chest.

Squeeze your shoulders blades together.

Push your chest up, press the floor with your palms.

Keep your head and chin up.

Do not crunch your shoulders.



對話

T: Let's do yoga for today's warm-up!

S: What are we supposed to do?

T: Have you tried yoga before?

S: Yes, I had. / No, I hadn't.

T: There are a lot of different poses in yoga. The most well-known poses are the downward-facing dog pose and the child's pose.

S: I have never known them before.

T: The downward-facing dog pose and child's pose can help you

stretch your body and relax.

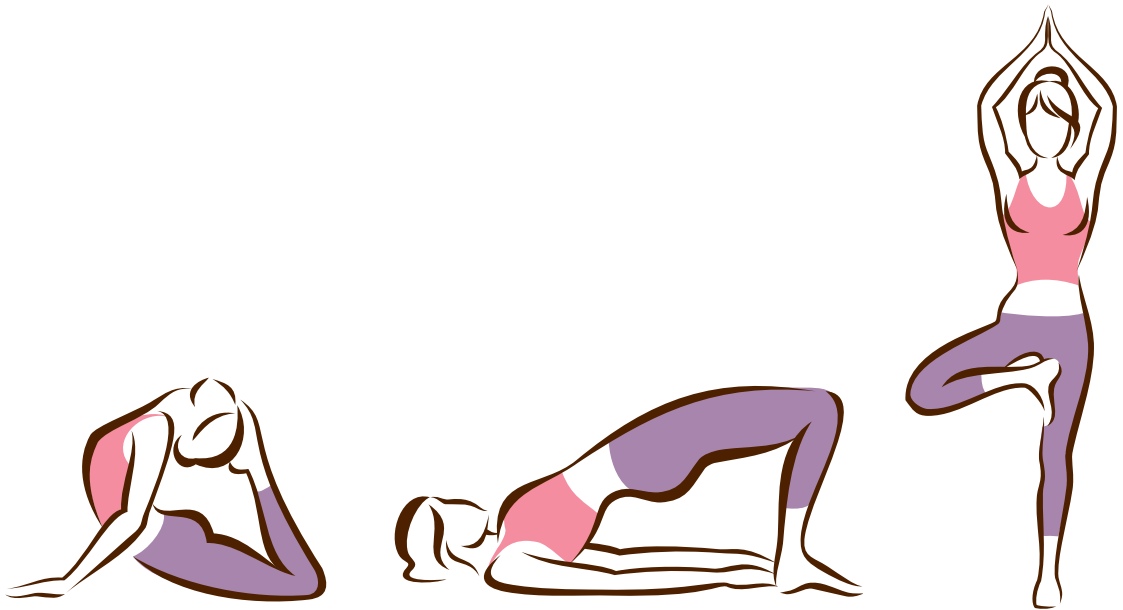
S: I want to try the downward-facing dog pose first.

T: Sure! I can show it to you.



Activity Who Knows Yoga?

Drawdown any yoga pose you know.



★ Exercise: Number it.

Do you know how to do cobra pose?

Read the sentences below and put them in the correct order.

_____ Bend your elbows. Squeeze your shoulders blades together.

_____ Lie down. Roll your shoulders forward up and back.

_____ Push your chest up. Keep your head and chin up.

2 Butterfly Kick With Kickboard (蝶式浮板踢腳)

Grab a kickboard.

Back against the wall, kick the wall.

Keep your arms straight, raise your head and breath every 4 kicks.

Remember to press your chest down, hips then feet.

Repeat.

★ 對話

T: What have we learned in today's lesson?

S: We learned how to do butterfly kicks.

T: How many kicks should you do in every breath?

S: I should do 4 kicks and then raise my head and breath.

T: Do you like doing butterfly kicks?

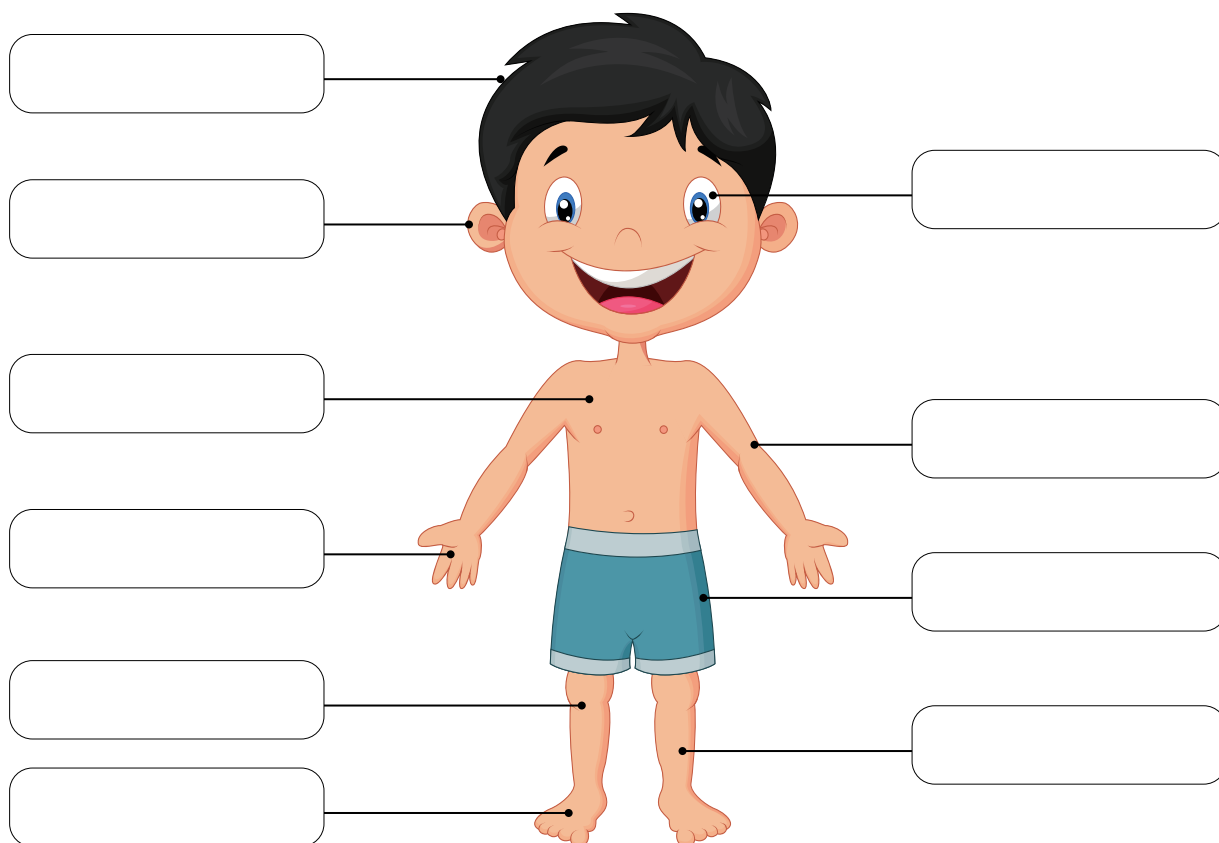
S: Yes, I do. / No, I don't.

T: Which do you prefer butterfly kicks or breaststroke kicks?

S: I prefer ____ (butterfly kicks / breaststroke kicks).

Activity Body Parts

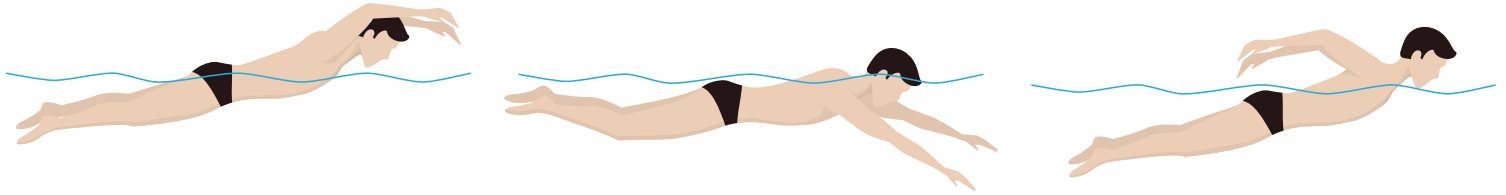
Use the word bank to label the body parts below.





Activity Let's Share

Write down the hardest part for you to do a butterfly kick.



3 Single Arm Butterfly (蝶式單邊划手)

Back against the wall.

Kick the wall and remain streamline.

Every 2 butterfly kicks, do 1 freestyle arm with head raising forward and breathe.

Lock your arm when you pull.

Breathe every time you pull.

Repeat.

Exercise:

Butterfly underwater kick.

★ 對話

T: What do we learn in today's lesson?

S: We learned to do single arm butterfly.

T: How to do single arm butterfly?

S: Kick 2 butterfly kicks and do 1 freestyle arm with head raising forward and breathe.

T: Great. And It's vital to lock your arm when you pull.

S: Why is it important to lock your arm when you pull?

T: So you can keep your arms out of the water and will not drag the water.

S: Now I know it.

T: Okay, get some rest now, you all did a great job today.



Activity My Practice Schedule

Write down your practice schedule.

Date	What I should do	What I have done	Note
(5/4)	(do single arm butterfly 30 times)	(I only did 20 times)	(I should keep my legs straight)
____/____/____			
____/____/____			
____/____/____			



Activity How Good Am I?

Find a partner, and ask he/she to score you. (Color the starfish down below.)

Rotate my shoulders	☆ ☆ ☆ ☆ ☆
Float up	☆ ☆ ☆ ☆ ☆
Stream line	☆ ☆ ☆ ☆ ☆

Lesson 3



Butterfly Drill (蝶式分解游)

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臺北美國學校 陳意平教師

臺北市立大學雙語研究中心 吳國誠

單元設計理念 (Unit Concept)

單元設計以國民小學健體領域第三學習階段核心素養具體內涵為主軸設計，並以學習重點中「挑戰類型運動」的游泳主題項目來提供游泳雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習游泳基本運動技術中蝶式的動作技能 (skill)。



Lesson Overview (課程說明)

01. 學科課程目標：

1. Butterfly pull tutorial (蝶式划手入門)
2. Butterfly pull drill (蝶式划手分解游)
3. Butterfly pull jump (蝶式划手水中跳躍)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

recovery (恢復)
round (圓)
drill (分解游)
IM (individual medley)
(混合式)
favorite (最喜愛的)
normally (正常地)

片語 Phrases

get into (進去)
pop out (跳出來)
in front of the _____ (table/ crowd/
wall) (在 _____ (桌子 / 人群 / 牆壁)
前面)
in the meantime (同時)
loosen up (放鬆)



Sentence Frames (句子)

1. Do you know what is the order of IM? The order of IM is _____, _____, _____ then _____ (butterfly, backstroke, breaststroke, freestyle). (混合式的順序是 _____, _____, _____ (蝶式, 仰式, 蛙式, 自由式)。)
2. Can you name any drill you learned so far? Yes, I've learned _____ (freestyle arm butterfly kick/ backstroke arm breaststroke kick/ freestyle 6 kick 1 arm). (你可以說出任何你學到的游泳分解游嗎? _____ (自由式的手搭配蝶式的腳 / 仰式的手搭配蛙式的腳 / 自由式六踢一划)。)
3. What is the other way of saying come out? The other way of saying come out is pop out. (跳出來這個詞還有什麼其他說法嗎? 蹦出來。)
4. What can swim benefits your life? Swimming can _____ (loosen up my stress/ helps be become healthier). (游泳的好處有什麼? 游泳可以 _____ (釋放壓力 / 讓你身體更健康)。)
5. How long have you been swimming? I have been swimming since _____ (1/ 2/ 3) month ago. (你學會游泳多久了? 我學會游泳 _____ (1/ 2/3) 個月了。)
6. Where do you normally go for swim? I normally swim in _____ (the ocean/ swimming pool/ the lake). (你通常都在哪裡游泳? 我通常都在 _____ (海裡 / 游泳池 / 湖裡)。)
7. What is your favorite sport? _____ (swimming/ jogging/ hiking) is my favorite sport. (你最喜歡的運動是什麼? 我最喜歡的運動是 _____ (游泳 / 跑步 / 登山)。)



教學內容

1 Butterfly Pull Tutorial (蝶式划手入門)

Bend down and put your arms next to your ears.

Do two freestyle strokes at the same time.

Pull your arms all the way down next to your thighs, push your chest down, raise your head and breathe.

Put your head back down, recovery by putting your arms straight above the water, lock your elbows.

Put your arms back in front of your shoulders.

Do 10 times.

★ 對話

T: Can anyone tell me how to do freestyle swim?

S: Do 4 freestyle pulls plus one sidekick, then turn your head and breathe.

T: Great, you still remember it. What is important in swimming freestyle?

S: Your shoulders should point to the roof.

T: Have you been practicing freestyle swim lately?

S: Yes, I have been practicing. / No, I prefer to practice breaststroke swim.

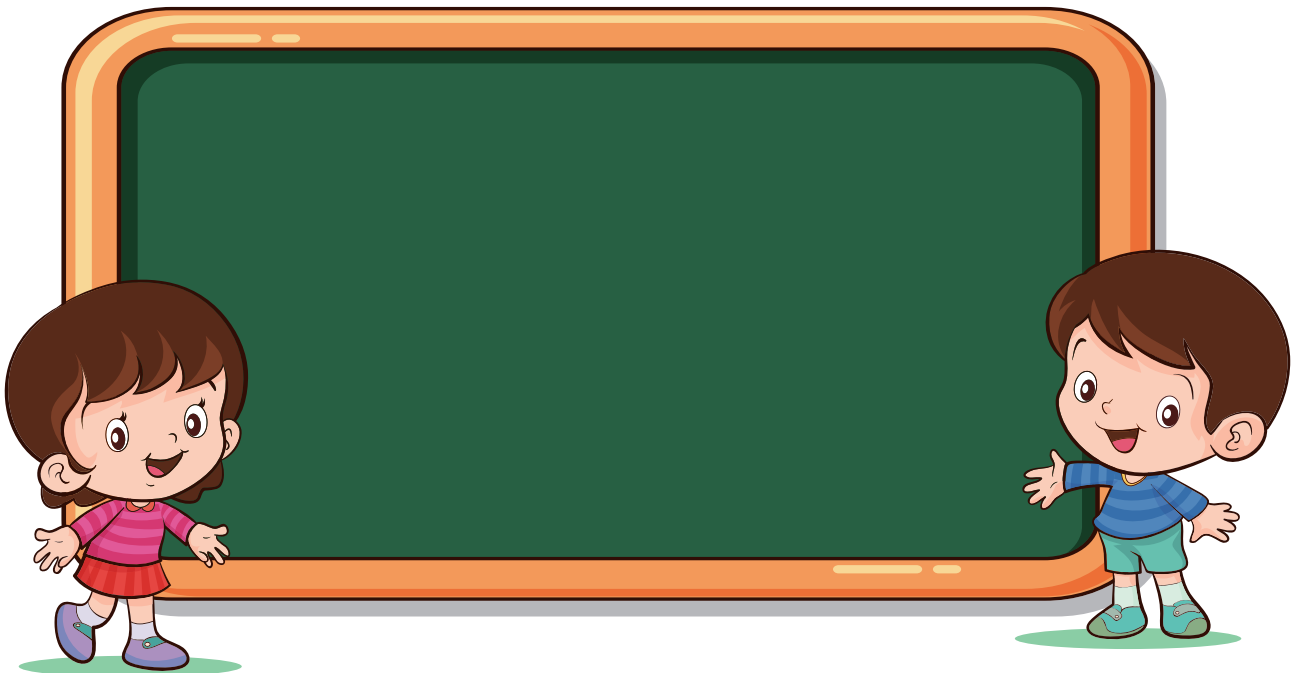
T: Can you swim freestyle without a kickboard?

S: Yes, I'm good at it. / No, I can't.



Activity Let's Share

Group up in 2. Review freestyle swims together. Write down your feelings.





Activity Read and Color

Read the words down below and color the bubbles with the similar words to “loosen up” .



2 Butterfly Pull Drill (蝶式划手分解游)

Get into the water.

Back against the wall.

Kick the wall and remain streamline.

Do 2 butterfly kicks and pull with right arm.

Do another 2 butterfly kicks and switch arm.

Do 2 more butterfly kicks and pull your both arms at the same time.

Raise your head up and breathe.

Do not hit water with your palms, fingers go into the water first.

Repeat.

Exercise:

Try backstroke 3 kicks with 1 pull.

★ 對話

T: What kind of animal is good at remaining streamlined in the water?

S: _____ (Whale / dolphin) is good at remaining streamlined in the water.

T: Do you like whales more or dolphins?

S: I like _____ (Whale / dolphin) more.

T: Why is it important to remain streamlined while swimming?

S: Because it will help you swim faster.

T: How can we improve ourselves to get better in remaining streamlined?

S: We can improve ourselves by getting our arms together next to our ears and core strengths stronger.





















Activity

Draw an animal that is good at remaining streamlined in the water.



Activity Color the Fish

How good did you do today? Color the fish with different colors.

How good am I?	
remain streamline	    
butterfly kick	    
butterfly pull	    
Others	    

3 Butterfly Pull Jump (蝶式划手水中跳躍)

Stand in the water.

Put your arms next to your ears.

Bend down your knees and jump up. In the meantime, pull your both arms all the way down to your thighs.

Pop out the water.

Once your body is above the water, recover with straight arms in a round, all the way back next to your ears.

Repeat.



T: How do you feel about today's lesson?

S: I felt _____.

T: What is the hardest part for you in doing the butterfly pull jump?

S: _____ (Pull both arms down to my thigh / Pop out the water) is the hardest part.

T: How many butterfly pull jumps can you do in a row?

S: I can do _____ (3 / 4 / 5) times in a row.

T: Who can do the most butterfly pull jumps in a row in our class.

S: _____ can!

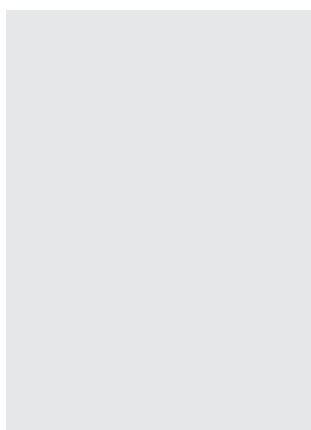
T: That is wonderful!

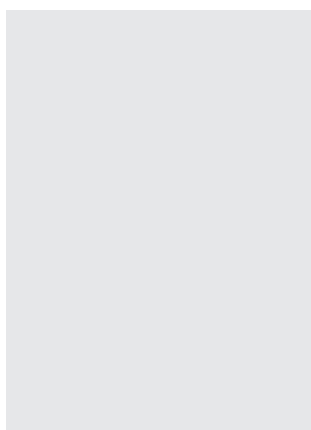


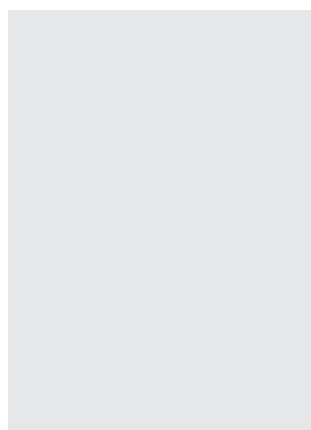
Activity Let's Jump!

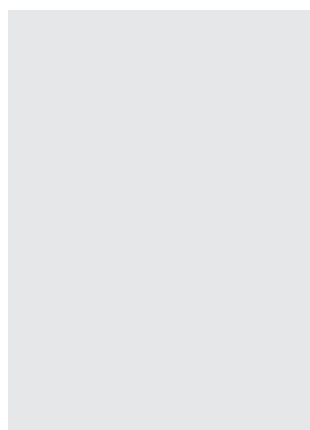
Use the word bank to label the pictures.

(popping out the water / butterfly kicks / standing in the water / remain streamline)





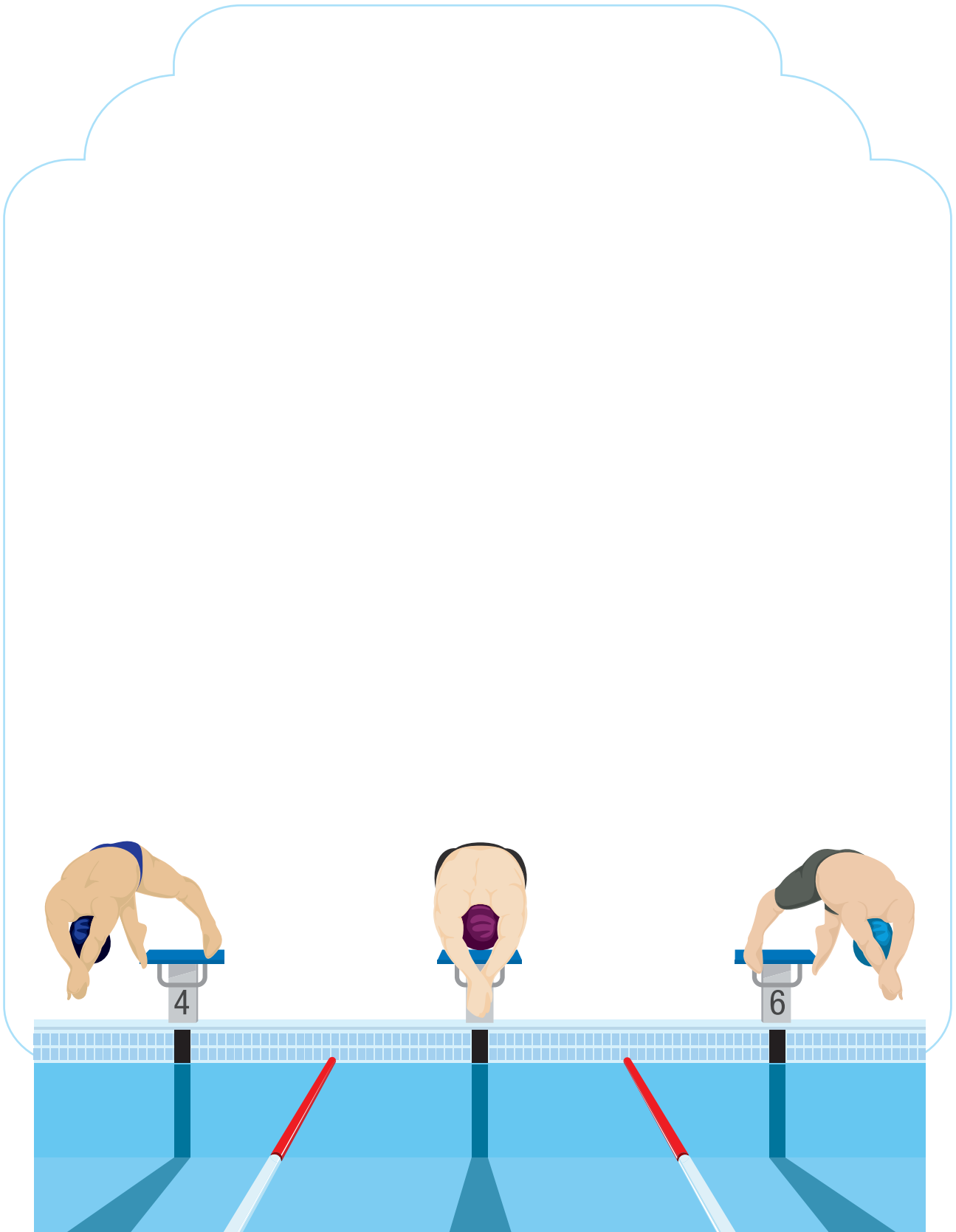






Activity Let's Share

Draw/ write down your feelings about today's lesson and share with your friends.



Lesson 4



Butterfly (蝶式)

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臺北市立大學雙語研究中心 吳國誠

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Lesson Overview (課程說明)

01. 學科課程目標：

1. Butterfly drill (蝶式分解游)
2. Butterfly (蝶式)

02. 連結學習重點：

學習內容：

Gb-III-2 手腳聯合動作、藉物游泳前進、游泳前進 15 公尺 (需換氣三次以上) 與簡易性游泳比賽。

學習表現：

- 1b- III -2 認識健康技能和生活技能的基本步驟。
- 2c- III -1 表現基本運動精神和道德規範。
- 3b- III -1 獨立演練大部份的自我調適技能。
- 4d- III -1 養成規律運動習慣，維持動態生活。



Words and Phrases (字彙與片語)

字彙 Words

relieve (釋放)
regular (正常)
hula hoop (呼拉圈)
lung capacity (肺活量)
increase (增加)
temperature (溫度)
stress (壓力)

片語 Phrases

go on (持續)
allow to (允許)
place _____ (your legs/ your arms)
together (將 _____ (雙腳 / 雙手) 靠在一起)



Sentence Frames (句子)

1. What will help you relieve stress? _____ (swimming/ hiking) is a good way to relieve stress. (做什麼事情會幫助你釋放壓力呢？ _____ (游泳 / 登山) 可以幫助你釋放壓力。)
2. When was the last time you use hula hoop? The last time I used hula hoop was _____ (2/ 5/ 10) days ago. (你最後一次用呼拉圈是什麼時候？ 我最後一次用呼拉圈是 _____ (2/ 5/ 10) 天前。)
3. What time do you swim? I go for a swim at _____ (6/ 7/ 10) in the morning every day. (你通常都幾點游泳？ 我通常都 _____ (6/ 7/ 10) 點游泳。)
4. Do you know what is the temperature of the pool? It's _____ (28/ 30/ 32) degrees. (你知道現在水溫幾度嗎？ 現在水溫 _____ (28/ 30/ 32) 度。)
5. Are we allow to swim here? Yes, we can swim here./ No, we cannot swim here. (這裡是可以游泳的嗎？ 是，這裡可以游泳。 / 不，這裡不可以游泳。)
6. Place your legs together. (將你的雙腳併攏。)
7. Swimming can help you increase lung capacity. (游泳會增強你的肺活量。)



教學內容

1 Butterfly Drill (蝶式分解游)

Get into the water.

Back against the wall.

Kick the wall and remain streamline.

Do 2 butterfly kicks and pull with right arm.

Do another 2 butterfly kicks and switch arm.

Do 2 more butterfly kicks and pull your both arms at the same time.

Raise your head up and breathe.

Go all the way from 1 pull on the right, one pull left, one regular pull to 2 on the right, 2 on the left, 2 regular pull, go on to 3.

Do not hit water with your palms, fingers go into the water first.

Repeat.

Exercise:

Underwater kick competition (see who can kick the furthest with only one breath).

★ 對話

T: What did you do for warm-ups last week?

S: I _____ (did 10 jumping jacks / ran 800m) to warm up myself.

T: Let's use the hula hoop for warm-ups this week.

S: Sure, I'm good at the hula hoop.

T: What is your favorite warm-up?

S: My favorite warm-up is _____ (yoga / hula hoop).

T: Why do we have to warm up before exercising?

S: Because warming up can help us reduce the chance of getting hurt.

T: Correct! Are you warmed up?

S: Yes, I'm ready.

🕒 Activity The Fastest Swimmer

Read each block and finish the sentences. Find out who are the top 3 swimmers of 50 meters freestyle and fill their names.

1	Cathy Liu 00:27.52	_____ is faster than _____.	Zach Apple 00:21.81
2	Britta Steffen 00:23.73	_____ is slower than _____.	Michael Phelps 00:23.04
3	Chun-Feng Wu 00:22.21	_____ is faster than _____.	Erica Chrysanthemum 00:27.67
4	Cesar Cielo 00:20.91	_____ is faster than _____.	Sarah Sjöström 00:23.67
5	Caeleb Dressel 00:21.07	_____ is slower than _____.	Zach Apple 00:21.81



_____ won the
_____ won the
_____ won the



Activity Word Turtle

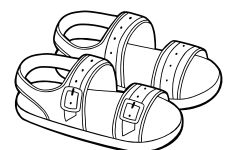
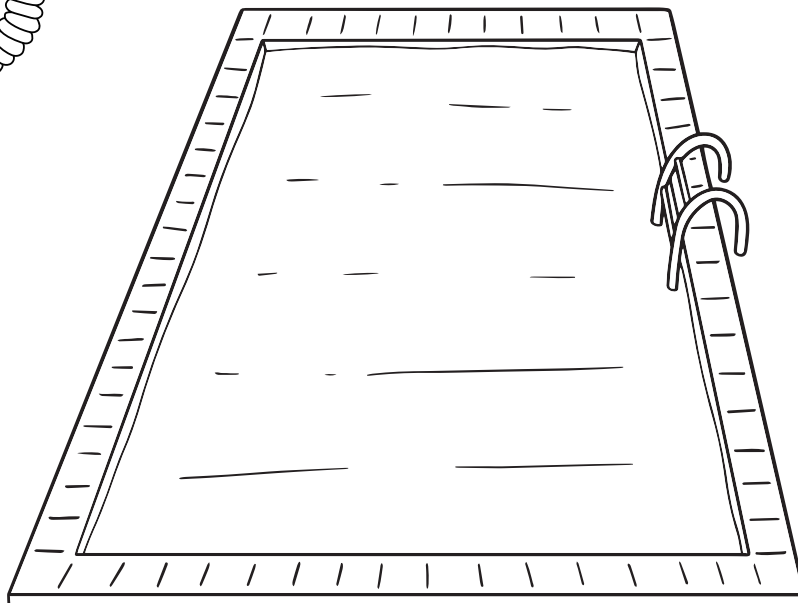
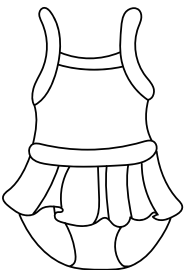
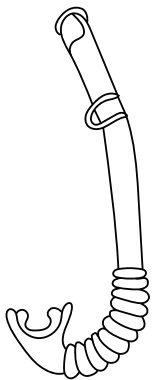
Find the words on the right and circle it.

A	I	N	C	R	E	A	S	E	O	E	<p>relieve regular increase temperature stress</p>
S	F	L	M	N	P	I	W	E	E	R	
T	E	M	P	E	R	A	T	U	R	E	
R	A	E	X	N	O	P	E	M	Z	G	
E	E	M	N	N	T	T	M	Q	W	U	
S	R	R	E	L	I	E	V	E	C	L	
S	S	W	C	C	I	L	M	K	P	A	
F	F	N	N	M	I	O	K	K	T	R	



Activity Color Master

Color the picture that start with the letter S.



2 Butterfly (蝶式正常游)

Back against the wall, kick the wall.

Do butterfly pull.

Pull your arms all the way down next to your thighs, push your chest down, raise your head and breathe.

Put your head back down, recovery by putting your arms straight above the water, lock your elbows.

Every 2 butterfly kicks, do 1 butterfly pull.

Exercise:

Hula hoop underwater challenge

★ 對話

T: Who is good at butterfly stroke in the class?

S: _____ is good at it.

T: Do you think that swimming makes you happy?

S: Yes, I felt happy while swimming. / No, I hate water.

T: What kind of strokes make you happier?

S: _____ (Freestyle stroke / Breaststroke / Butterfly stroke) made me happier.

T: Will you keep on swimming after the lesson is over?

S: Yes, I will. / No, I won't.

T: Why?

S: _____.



Activity How hard is this stroke?

Color the swim trunk. (Score the difficulty from 1 to 5)

Degree of Difficulty					
Freestyle					
Backstroke					
Breaststroke					
Butterfly					



Activity Have I improved?

Recall the first lesson about butterfly strokes, and compare it to the last lesson. Ask yourself first “Have you improved?” , then share it with your partner.

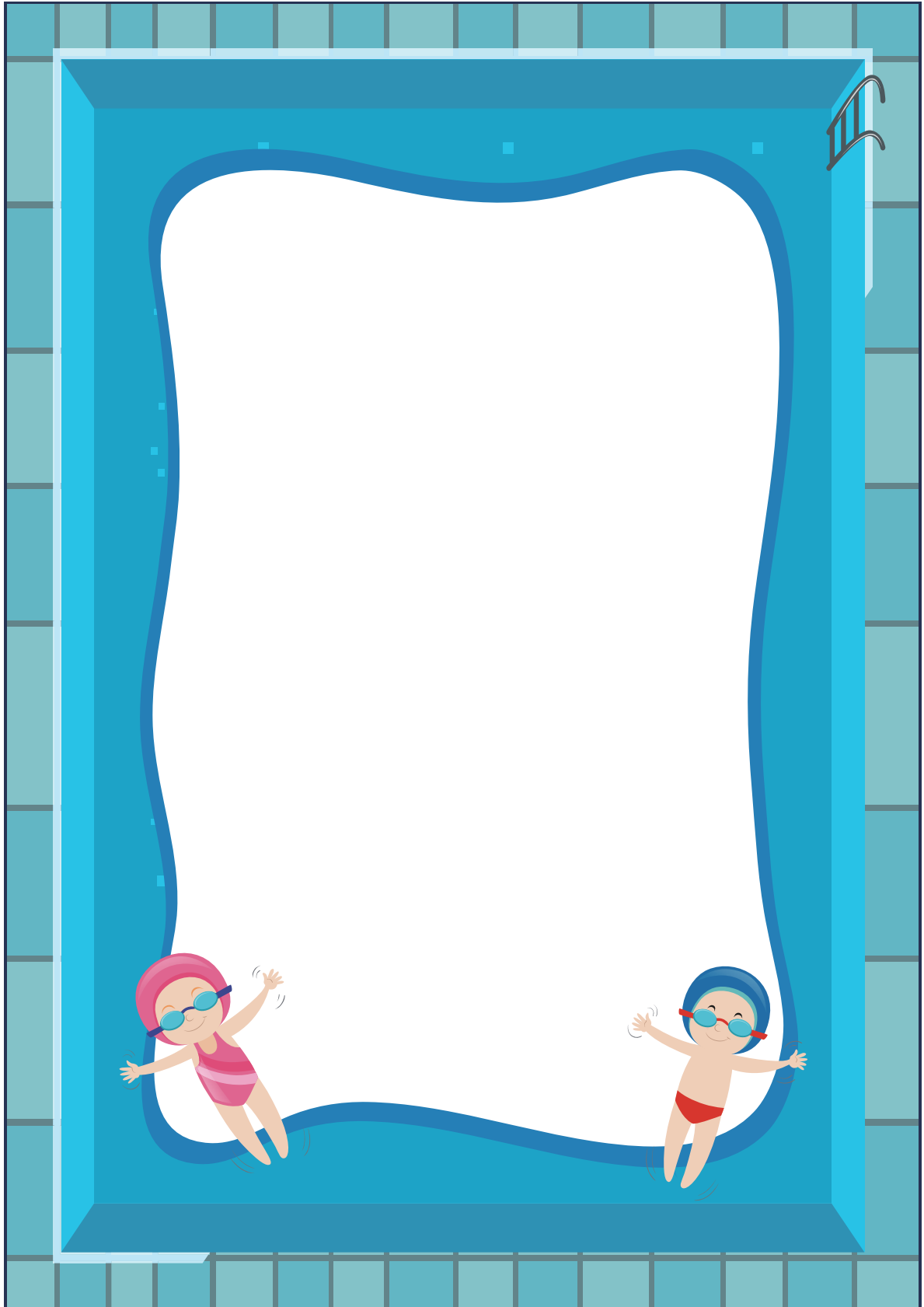
Write down you and your partner's improvement.

name (you)	name (your partner)
Ex: My butterfly kicks are more smoothly. 1. 2. 3.	



Activity Let's Share!

Good job of learning all 4 strokes! How do you feel? Write down your feelings and share with your friends.





投球 I Throwing I

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臺北市立大學師資培育及職涯發展中心 彭國威教授

單元設計理念 (Unit Concept)

單元設計以國民小學健體領域「第三學習階段」核心素養具體內涵為主軸設計，並以學習重點中「競爭類型運動 - 陣地攻守性球類運動」的躲避球主題項目，提供躲避球雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習躲避球基本運動技術中投球的動作技能 (skill)。



Lesson Overview (課程說明)

01. 學科課程目標

1. 拋球 underhand throw
2. 投球 overhand throw
3. 側身投球 overhand throw (sideways)

02. 連結學習重點

學習內容：

Hb-III-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念。

學習表現：

- 1d-III-1 認識動作技能概念與動作練習的策略
- 2c-III-3 表現主動參與、樂於嘗試的學習態度
- 3c-III-2 透過身體活動，探索運動潛能與表現正確的身體活動
- 4c-III-2 了解個人體適能與基本運動能力表現



Words and Phrases (字彙與片語)

字彙 Words

躲避球 dodgeball
樂樂棒球 tee Ball
呼拉圈 hula-Hoop/ 椅子 chair
角錐 cone/ 置物籃 basket

片語 Phrases

集合 come to me
排隊 line up
請看示範動作 watch me
球類運動 ball sports

手 hand/ 手臂 arm

拋 / 擲 / 投 throw

相對的 opposite

哨聲 whistle

拋球 underhand throw

投球 overhand throw

投球 (側身) overhand throw
(sideways)

聽口令 Listen to me



Sentence Frames (句子)

1. 學生都到齊了嗎？到齊了。

Is everyone here? Yes.

2. 請問你曾經玩過甚麼球類運動？籃球、棒球……

What ball do you play? Basketball, baseball...

3. 這個運動有哪些動作？拍球、投籃和持球棒擊球……

How do you play the ball? Bounce the ball, shoot a basket, hit the ball.

4. 這個運動會用到身體的那些部位？手、腳……

What body parts do you use when you play the ball? Your hand, your foot.

5. 多數的球類運動，最常用到甚麼部位？答案是手部。

What body part do you use for most ball sports? Your hand.

6. 這個單元，老師要跟你們介紹的是躲避球。

In this unit, we are going to learn how to play dodgeball.

7. 躲避球是運用投球、接球及閃躲的運動。

Dodgeball is a sport with throwing, catching, and dodging skills.

8. 把躲避球學好，再學其他球類會更容易喔。

After learning the basic skills of dodgeball, you can play other balls better.

9. 這節課，老師要教你們的是躲避球中的投球。

Today we're going to learn how to throw a ball.



教學內容

1 *Preparing Activities* (準備活動)

1. Jumping jacks (開合跳)
2. Fast run (快跑)
3. Shuffle run (折返跑)

2 *Development Activities* (發展活動)



對話

T: When you walk, if you step forward with your right foot, which hand do you swing backward?

S: My left hand.

(師：我們走路時，若右腳在前，哪一隻手就會向前擺？)

(生：左手。)

T: Yes, so when you throw a ball with your right hand, which foot is your opposite foot?

S: My left foot.

(師：投球也是如此，所以慣用手是右手的人，相對應的腳是哪一隻腳？)

(生：左腳。)

T: When we hold a ball, why do we spread our fingers and thumb?

S: To grip the ball tight.

(師：持球時，為什麼要將五指張開？)

(生：這樣可以將球握牢。)

T: How do you throw a ball high or low?

S: Overhand or underhand.

(師：你們覺得將球丟出有哪些姿勢？)

(生：可以用拋的或投的。)

T: Which ball can you hold and throw more easily, dodgeball or tee ball?

S: Tee ball. .

(師：躲避球和樂樂棒球，哪一種比較能將球握牢並丟出去？)

(生：樂樂棒球。)

T: Today we are learning how to throw a teeball. After you learn the skills, we will use a dodgeball next time.

(師：這節課，老師要教你們先用樂樂棒球做出三種的投球方式，讓你們體驗這三種投球方式的差別，之後再用躲避球投球。)

3 Practice (動作練習)

1. Underhand throwing (Throw the ball underhand) (拋球)

Target the hula hoop (落點瞄準對面呼拉圈圈內) .

Hold the ball in your dominant hand. (用慣用手持球)

Swing the arm back behind you. (將手臂由下往後向後擺)

Step forward with your opposite foot. (以慣用手相對應的腳向前一步)

Throw the ball into the hula hoop. (將球往前拋)

2. Overhand throwing (Throw the ball overhand) (投球)

Target the hula hoop. (落點瞄準對面呼拉圈圈內)

Hold the ball in your dominant hand. (用慣用手持球)

Raise your arm above your shoulder. (將手臂抬至肩膀上方)

Raise your opposite foot and step forward. (以慣用手相對應的腳向前一步)

Throw the ball into the hula hoop. (將球往前擲)

3. Overhand throwing (Stand sideways and throw the ball overhand) (側身投球)

Target the hula hoop. (落點瞄準對面呼拉圈圈內)

Stand sideways. Opposite foot steps forward. (側身，以慣用手相對應的腳置於前方)

Hold the ball and raise your arm behind your shoulder. (持球將手臂置於肩膀後方)

Raise your front foot and step forward. (抬前腳並向前跨步)

Twist your body and throw the ball. (轉腰擺臂將球往前投)



Activity Throwing Games

Underhand throwing game (10 balls). Target the hula hoop 3 meters away.

(拋球比賽(10球)距離3公尺，落點瞄準對面呼拉圈圈內)

Overhand throwing game (10 balls). Target the hula hoop 6 meters away.

(投球比賽(10球)距離6公尺，落點瞄準對面呼拉圈圈內)

Overhand throwing game (sideways) (10 balls). Target the hula hoop 10 meters away.

(側身投球比賽(10球)距離10公尺，落點瞄準對面呼拉圈圈內)

★ 對話

T: How many throwing skills do we learn today?

S: Three.

(師：這次上課，你們學習了幾種將球丟出去的方式？)

(生：三種。)

T: Are they the same skills?

S: No.

(師：這三種方式，你們覺得一樣嗎？)

(生：不一樣。)

T: Which one is easier?

S: Underhand.

(師：你們覺得哪一種比較簡單？)

(生：拋球。)

T: Which one is more difficult?

S: Overhand.

(師：你們覺得哪一種比較難？)

(生：投球。)

T: When you play the throwing game, if you can throw five balls into the hula hoop, you do a great job. If not, practice more and you will do better next time.

(師：在綜合活動中，這三種動作若能投進 5 球以上，就代表你的動作已經很正確了，恭喜你們，若是還沒做到，就再加油喔！)





投球 II

Throwing II

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單元設計理念 (Unit Concept)

單元設計以國民小學健體領域「第三學習階段」核心素養具體內涵為主軸設計，並以學習重點中「競爭類型運動 - 陣地攻守性球類運動」的躲避球主題項目，提供躲避球雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習躲避球基本運動技術中投球的動作技能 (skill)。



Lesson Overview (課程說明)

01. 學科課程目標

1. 拋球 underhand throw
2. 投球 overhand throw
3. 側身投球 overhand throw (sideways)

02. 連結學習重點

學習內容：

Hb-III-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念。

學習表現：

- 1d-III-1 認識動作技能概念與動作練習的策略
- 2c-III-3 表現主動參與、樂於嘗試的學習態度
- 3c-III-2 透過身體活動，探索運動潛能與表現正確的身體活動
- 4c-III-2 了解個人體適能與基本運動能力表現



Words and Phrases (字彙與片語)

字彙 Words

躲避球 dodgeball
樂樂棒球 teeBall
呼拉圈 hula-Hoop/ 椅子 chair

片語 Phrases

集合 come to me
排隊 line up
請看示範動作 watch me

角錐 cone/ 置物籃 basket

手 hand/ 手臂 arm

拋 / 擲 / 投 throw

相對的 opposite

哨聲 whistle

球類運動 ball sports

拋球 underhand throw

投球 overhand throw

投球 (側身) overhand throw
(sideways)

聽口令 Listen to me



Sentence Frames (句子)

1. 同學們，還記得這個單元要介紹的運動嗎？知道，躲避球。

Students, do you remember the sports we have introduced in this unit? Yes, dodgeball!

2. 請問你們曾經練習過躲避球的那些動作？投球。

Have you ever practiced dodgeball movements? Yes, throwing.

3. 第一次練習投球時，是用樂樂棒球還是用躲避球？樂樂棒球。

Should you use a teeball or a dodgeball when you first practice throwing? A Tee ball.

4. 投球時，你覺得用樂樂棒球還是用躲避球比較容易？樂樂棒球，因為比躲避球好操作和控制。

When throwing a ball, do you think it is easier to use a teeball or a dodgeball? A teeball, because it is easier to handle and control than dodgeball.

5. 投球時，慣用手是右手的人，相對應的腳是哪一隻腳？答案是左腳。

Which foot is the opposite foot of a person who throws a ball with the right hand? It is the left foot.

6. 持球時，要將五指張開或閉合？張開。

When holding the ball, you should open or close all five fingers? Open them.

7. 我們用樂樂棒球練習完後，接下來，我們就要用比較大的躲避球練習了。

After practicing with the tee ball, next, we will practice with the bigger dodgeball.

8. 由於躲避球的體型比較大，我們要善用雙手持球喔。

Since the size of the dodgeball is bigger, we need to hold the ball with both hands.

9. 這節課，老師要教你們的是用躲避球投球。

Today I am going to teach you how to throw a dodgeball.



教學內容

1 *Preparing Activities* (準備活動)

1. Jogging (慢跑)
2. Single leg long jump (單腳跳遠)
3. Two-foot long jump (雙腳跳遠)

2 *Development Activities* (發展活動)

對話

T: If we throw the ball with our right hand, which foot will step forward?

S: Left foot.

(師：我們若用右手投球，哪一隻腳就會向前跨？)

(生：左腳。)

T: We use a single hand to hold a teeball but can we use a single hand to hold a dodgeball?

S: No.

(師：我們可以用單手持樂樂棒球，也可以單手持躲避球嗎？)

(生：不行。)

T: In order to hold the dodgeball, we use one hand or two hands?

S: Two hands.

(師：為了能穩定的持躲避球，我們最好用單手還是雙手持球？)

(生：雙手。)

T: What about throwing? We throw the dodgeball with one hand or two hands?

S: one hand.

T: Yes, we use one hand because one-handed throwing is better at using other parts of the body to help the arm to throw the ball.

(師：投球呢？我們最好用單手還是雙手投球？)

(生：單手。)

(師：對，我們要用單手，因為單手投球更能運用到身體其他部位的動作，協助手臂投球。)

T: Today I am going to teach you three types of throw with dodgeballs so that you can become more familiar with these movements.

(師：這節課，老師要教你們用躲避球做出三種的投球方式，讓你們更熟練這些動作。)

3 Practice (動作練習)

1. Underhand throwing (Throw the ball underhand) (拋球)

Target the hula hoop (落點瞄準對面呼拉圈圈內) .

Hold the ball with both hands (雙手持球)

Swing the arm back behind you (將手臂由下往後向後擺)

Step forward with your opposite foot (以慣用手相對應的腳向前一步)

Let go of the other hand and throw the ball forward with your dominant hand (放開另一手用慣用手將球往前拋)

2. Overhand throwing (Throw the ball overhand) (投球)

Target the hula hoop (落點瞄準對面呼拉圈圈內)

Hold the ball with both hands (雙手持球)

Raise your arm above your shoulder. (將手臂抬至肩膀上方)

Raise your opposite foot and step forward (以慣用手相對應的腳向前一步)

Let go of the other hand and throw the ball forward with your dominant hand (放開另一手用慣用手將球往前擲)

3. Overhand throwing (Stand sideways and throw the ball overhand) (側身投球)

Target the hula hoop (落點瞄準對面呼拉圈圈內)

Stand sideways. Opposite foot steps forward (側身以慣用手相對應的腳置於前方)

Hold the ball with both hands (雙手持球)

Raise your front foot and step forward (抬前腳並向前跨步)

Place your arm behind your shoulder (將手臂置於肩膀後方)

Release the other hand and throw the ball forward with your dominant hand (放開另一手用慣用手將球往前投)



Activity Throwing Games

Underhand throwing game (10 balls). Target the hula hoop 5 meters away.

(拋球比賽(10球)距離5公尺，落點瞄準對面呼拉圈圈內)

Overhand throwing game (10 balls). Target the hula hoop 10 meters away.

(投球比賽(10球)距離10公尺，落點瞄準對面呼拉圈圈內)

Overhand throwing game (sideways) (10 balls). Target the hula hoop 12 meters away.

(側身投球比賽(10球)距離12公尺，落點瞄準對面呼拉圈圈內)

★ 對話

T: In these two lessons, what balls have you learned to throw?

S: Teeball and dodgeball.

(師：這兩次上課，你們學會了丟哪兩種球？)

(生：樂樂棒球和躲避球。)

T: Do they need the same skills?

S: No.

(師：使用這兩種球，你們覺得一樣嗎？)

(生：不一樣。)

T: Which one is easier?

S: The teeball.

(師：練習後，你們覺得哪一種比較簡單？)

(生：樂樂棒球。)

T: Which one is more difficult?

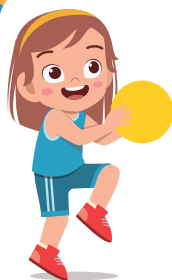
S: The dodgeball.

(師：你們覺得哪一種比較難？)

(生：躲避球。)

T: When you play the throwing game, if you can also throw five balls into the hula hoop, like what you did with the Teeball, you do an even better job than last week. If not, practice more and you will do better next time.

(師：在綜合活動中，這三種動作若也能投進5球以上，就代表你的動作進步了，恭喜你們，若是還沒做到，就再加油喔！)



躲避球 - 接球

Dodgeball-Catching

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Lesson Overview (課程說明)

01. 學科課程目標

1. 接樂樂棒球 - 小球 (catch the tee ball--small ball)
2. 接躲避球 - 大球 (catch the dodgeball--big ball)
3. 往前接球 (step forward and catch the ball)

02. 連結學習重點

學習內容：

Hb-III-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念。

學習表現：

- 1d-III-1 認識動作技能概念與動作練習的策略
- 2c-III-3 表現主動參與、樂於嘗試的學習態度
- 3c-III-2 透過身體活動，探索運動潛能與表現正確的身體活動
- 4c-III-2 了解個人體適能與基本運動能力表現



Words and Phrases (字彙與片語)

字彙 Words

接住 catch
前進 forward
身體 body
手部 hand

片語 Phrases

接球 catch the ball
手部 the hand
控制球 control the ball
兩人以上 at least two people

球隊 team
距離之外 apart
傳遞 pass
動作 action
哨聲 whistle

同一隊 the same team
傳球 pass the ball
接球 catch the ball
聽口令 listen to me



Sentence Frames (句子)

1. 各位同學，我們身體中，手部是一個很靈活的部位。

Students, the hand is a very flexible part of our body.

2. 大部分的球類運動，要控制球，主要的部位就是用手。

In most ball sports, we use the hand to control the ball.

3. 大部分的球類運動，是需要兩人以上去完成的。

Most ball games require at least two people to play.

4. 躲避球是一項需要兩人以上完成的運動。

Dodgeball is a sport that requires two or more players.

5. 躲避球運動中，同一隊的選手會站在 5 公尺以外。

In dodgeball, players of the same team will stand more than 5 meters apart.

6. 這個時候，傳遞球的動作就需要用傳、接球來完成。

At this time, the ball giving action needs to be completed by passing and catching.

7. 這節課，老師要教你們的是接球。

Today, I am going to teach you how to catch the ball.



教學內容

1 Preparing Activities (準備活動)

1. Pushup (伏地挺身)
2. Forward and backward steps (前後步)
3. Jumping jacks (開合跳)

2 Development Activities (發展活動)



對話

T: Which part of the body do we use to catch the ball?

S: The hand.

(師：我們若是要接球，會是用身體的哪一個部位？)

(生：手。)

T: Yes, we use the hand to catch the ball, and do we catch the tee ball with two hands or just one hand?

S: One hand.

T: Yes, because of the small size of the tee ball, we catch the ball with one hand.

(師：是的，我們要用手掌接球，要用雙手或是單手接樂樂棒球呢？)

(生：單手。)

(師：因為樂樂棒球的體積小，所以我們用單手接球就可以了。)

T: Do we catch the dodgeball with two hands or just one hand?

S: Two hands.

T: Yes, because of the large size of the dodgeball, we catch the ball with two hands.

(師：我們要用雙手或是單手接躲避球呢？)

(生：雙手。)

(師：因為躲避球的體積大，所以我們要用雙手接球。)

T: A dodgeball is three-dimensional or flat?

S: Three-dimensional.

(師：躲避球形狀是立體還是平面的呢？)

(生：立體。)

T: Yes, because the shape of the ball is three-dimensional, our hands should be curved and the space between your two palms is about the size of a dodgeball.

T: Today, I am going to teach you how to catch the ball.

(師：對，因為球的形狀是立體的，我們的手在接球時，就要呈現出圓拱狀。)

(師：這節課，老師要教你們接球的方式。)

3 Practice (動作練習)

1. Catch the tee ball--small ball (接樂樂棒球 - 小球)

Hold your left arm flat in front of you (將左手臂往前平舉) .

Five fingers slightly open (五指微微張開)

Your hand should be curved (手掌成圓拱狀)

Aim your palm at the ball being thrown at you (將手掌瞄準投來的球)

Hold the ball at the moment it touches the palm of your hand (在球碰到手掌的瞬間將球握住)

2. Catch the dodgeball--big ball (接躲避球 - 大球)

Hold your arms flat in front of you (將手臂往前平舉)

Five fingers of both hands slightly open. (雙手五指微微張開並成圓拱狀)

The space between your two palms is about the size of a dodgeball
(雙手掌的大小相當於躲避球)

Aim your hands at the ball being thrown at you (將雙手瞄準投來的球)

Hold the ball at the moment it touches your hands (在球碰到雙手的瞬間將球握住)

3. Step forward and catch the ball (往前接球)

Face the teammate who is ready to pass the ball to you. (面對準備傳球的同學)

When your teammate pass the ball to you, you step forward with your dominant foot (傳球的同學出手後將慣用腳向前一步)

Hold your arms flat in front of you (將手臂往前平舉)

Five fingers of both hands slightly open. (雙手五指微微張開並成圓拱狀)

The space between your two palms is about the size of a dodgeball
(雙手掌的大小相當於躲避球)

Aim your hands at the ball being thrown at you (將雙手瞄準投來的球)

Hold the ball at the moment it touches your hands (在球碰到雙手的瞬間將球握住)



Activity Throwing Games

Throw the teeball upward with one hand for more than 5 meters, and catch it with the other hand when it falls. (用單手將樂樂棒球向上拋 5 公尺以上，落下時用另一手接住)

Throw the dodgeball upward with both hands for more than 5 meters, and catch it with both hands when it falls. (用雙手將躲避球向上拋 5 公尺以上，落下時用雙手接住)

★ 對話

T: What two types of balls did you learn to catch today?

S: Teeball and dodgeball.

(師：這次上課，你們學會了接哪兩種球？)

(生：樂樂棒球和躲避球。)

T: Do they need the same skills?

S: No.

(師：接這兩種球，你們覺得一樣嗎？)

(生：不一樣。)

T: After practice, which ball do you think is easier to catch?

S: The teeball.

(師：練習後，你們覺得接哪一種球比較簡單？)

(生：樂樂棒球。)

T: Which one is more difficult?

S: The dodgeball.

(師：你們覺得哪一種比較難？)

(生：躲避球。)

T: When you catch the ball, you learn the skills, but it is more important to play safe so you don't get hurt. Having fun is good, but safety is the most important thing.

(師：當你們接球時，除了要學習技巧，更重要的是要注意安全，防止被球打傷。活動進行時，除了快樂參與，安全是最重要的。)





傳球和接傳球

Passing and Catching

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單元設計理念 (Unit Concept)

單元設計以國民小學健體領域「第三學習階段」核心素養具體內涵為主軸設計，並以學習重點中「競爭類型運動 - 陣地攻守性球類運動」的躲避球主題項目，提供躲避球雙語教學課程中可以使用的課室 / 教學語言 (Instructional language) 與交流語言 (Interactional language)，來學習躲避球基本運動技術中投球的動作技能 (skill)。

**Lesson Overview (課程說明)**

01. 學科課程目標

1. 傳直球 - 小球 (網球) straight pass-small ball (tennis ball)
2. 傳彈地球 bounce pass
3. 傳高飛球 in-the-air pass

02. 連結學習重點

學習內容：

Hb-III-1 陣地攻守性球類運動相關的拍球、拋接球、傳接球、擲球及踢球、帶球、追逐球、停球之時間、空間及人與人、人與球關係攻防概念。

學習表現：

- 1d-III-1 認識動作技能概念與動作練習的策略
- 2c-III-3 表現主動參與、樂於嘗試的學習態度
- 3c-III-2 透過身體活動，探索運動潛能與表現正確的身體活動
- 4c-III-2 了解個人體適能與基本運動能力表現

**Words and Phrases (字彙與片語)****字彙 Words**

直線 straight
彈地 bounce
高飛 in-the-air
活動 activity
攻擊 attack

片語 Phrases

傳直球 straight pass
傳彈地球 bounce pass
傳高飛球 in-the-air pass
團體活動 group activity
攻守 attack and defend

防守 defend
閃躲 dodge

接球和閃躲 catch and dodge
傳球和攻擊 pass and attack



Sentence Frames (句子)

1. 躲避球運動是一項團體活動。
Dodgeball is a group activity.
2. 最簡易的活動人數要三人以上。
The easiest activity is to have more than three people.
3. 這項運動是屬於攻守性質。
This sports game needs players to attack or defend.
4. 攻擊方要將球投向防守方，不讓防守方接住。
The attacking team throws the ball at the defending team without letting the defending team catch it.
5. 防守方要學習接球和閃躲。
The defending team catches or dodges the ball.
6. 攻擊方要學習傳球和攻擊。
The attacking team passes the ball and attack the defending team.
7. 這節課，老師要教你們的是傳球。
Today, I am going to teach you how to pass the ball.



教學內容

1 Preparing Activities (準備活動)

1. Rope jumping (跳繩)
2. Shuffle run (折返跑)
3. Stretching Exercises (伸展操)

2 Development Activities (發展活動)



對話

T: How many people are needed for the easiest dodgeball activity?

S: Three people.

(師：最簡易的躲避球活動人數要幾人以上？)

(生：三人。)

T: Yes, three people. How many in the attacking team? How many in the defending team?

S: We don't know.

T: The attacking team should have at least two players and the defending team should have one player.

(師：是的，三人。其中攻擊方要幾人？防守方要幾人？)

(生：不知道。)

(師：攻擊方至少要兩人，防守方要一人。)

T: The two players of the attacking team face each other at a distance of about eight to ten meters. May I ask you, where is the player of the defending team?

S: Between the two players of the attacking team.

(師：老師跟你們說明，攻擊方的位置是面對面，距離約八到十公尺。請問你們，防守方要在哪裡？)

(生：在攻擊方之間。)

T: Right, so the attacking team needs to learn how to pass the ball and attack, while the defending team needs to learn how to catch and dodge the ball.

T: Today, I am going to teach you three ways to pass the ball.

(師：答對了，所以攻擊方需要學習傳球和攻擊，防守方則要學習接球和閃躲。)

(師：這節課，老師要教你們傳球的三種方式。)

3 Practice (動作練習)

1. Straight pass-small ball (tennis ball) 傳直球 - 小球 (網球)

The foot opposite to your dominant hand is in front and the other foot is behind. (慣用手的對應腳在前，另一腳在後) .

Hold the ball in your dominant hand and then holding it flat with both hands (單手持球後雙手平舉)

Aim at the chest of your teammate. (落點瞄準對手胸前)

Hold the ball, raise your arm and throw out the ball. (手持球至肩上後迅速將球傳出)

2. Bounce pass 傳彈地球

The foot opposite to the habitual your dominant hand is in front and the other foot is behind (慣用手的對應腳在前，另一腳在後)

Hold the ball in your dominant hand and then holding it flat with both hands (單手持球後雙手平舉)

Aim at a large step in front of the opponent (落點瞄準對手前一大步的位置)

Hold the ball, raise your arm, and throw out the ball (手持球至肩上後迅速將球往斜下方傳出)

3. In-the-air pass 傳高飛球

The corresponding foot of the habitual hand is in front and the other foot is behind (慣用手的對應腳在前，另一腳在後)

Holding the ball in one hand and holding it flat with both hands (單手持球後雙手平舉)

Landing point aimed at the opponent's chest (落點瞄準對手胸前)

The flight path of the ball is a parabola (球的飛行路線要成拋物狀)

Hold the ball, raise your arm and throw out the ball up in the air (手持球至肩上後迅速將球往斜上方傳出)



Activity Throwing Games

Bouncing ball game: The distance is 8 meters between the player and the hula hoop. Each person throws 10 bouncing balls, and the ball should land inside the hoop

(傳彈地球比賽：距離 8 公尺，最後落點瞄準對面呼拉圈圈內，每人投 10 球。)

★ 對話

T: How many passing skills did you learn today?

S: Three.

(師：這次上課，你們學習了幾種傳球的方式？)

(生：三種。)

T: Are they the same skills?

S: No.

(師：這三種方式，你們覺得一樣嗎？)

(生：不一樣。)

T: Which one is easier?

S: Straight pass.

(師：你們覺得哪一種比較簡單？)

(生：傳直球。)

T: Which one is more difficult?

S: In-the-air pass.

(師：你們覺得哪一種比較難？)

(生：傳高飛球。)

T: When you play the throwing game, if you can throw more than 5 balls into the hula hoop, you do a great job. I hope your dodgeball skills could be better and better.

(師：在綜合活動中，傳彈地球動作若能投進 5 球以上，就代表你的動作已經很正確了，希望你們能越來越了解躲避球運動。)

雙語教學資源手冊

國小健康（高年級）

編輯團隊

研編單位：臺北市立大學雙語教學研究中心

指導單位：教育部師資培育及藝術教育司

編輯：杜菲比、李媛如

主編：吳國誠

執行編輯：林欣彤、施育孜

美術編輯：萬兆豐股份有限公司

國小體育（高年級）

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指導單位：教育部師資培育及藝術教育司

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主編：吳國誠、彭國威

執行編輯：林欣彤、施育孜

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