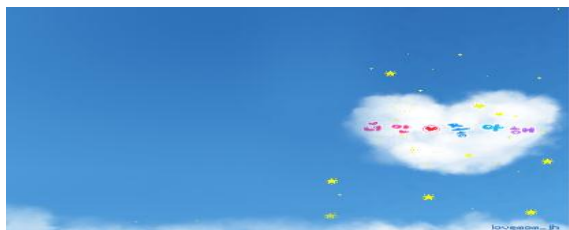


案例四：我是嬌嬌女

Time:5分鐘



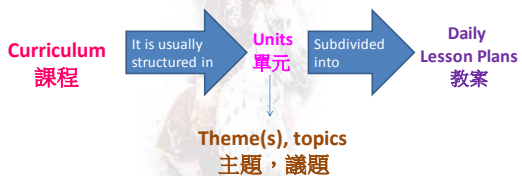
體育教案設計原則

By
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Curriculum Is at the Heart of Education

All lessons are based on curriculum



Curriculum Is at the Heart of Education

課程目標：由各單元目標結合而成的目標
(球類、田徑、體操...)



單元目標：由各上課目標結合而成的目標
(學會游泳中的四式、規則...)



上課目標：單堂課可以達成的
目標 (傳球動作、規則...)

教案設計

教學是一項包含

活動前(pre-active)
活動中(active)
活動後(post-active)決策的過程。

活動前：與課程計劃、單元計劃、和上課計劃有關。



活動中：與這些在實際課程所執行的決策有關。



活動後：與指導的過程和成果的反省及評量有關。

GOOD PLANNING

- Keeps the teacher and students on track
- Achieves the objectives
- Helps teachers to avoid "unpleasant" surprises
- Provides the roadmap and visuals in a logical sequence
- Provides direction to a substitute
- Encourages reflection, refinement, and improvement
- Enhances student achievement



POOR PLANNING

- Frustration for the teacher and the student
- Aimless wandering (漫無目地的遊盪)
- Unmet objectives (未得到滿足的目標)
- No connections to prior learnings
(無法連結前次的經驗)
- Disorganization (無組織)
- Lack of needed materials (缺乏所需要的材料)
- A waste of time (浪費時間)
- Poor management (管理不佳)

Where do I Begin?

- Gather information from a variety of sources.
 - Compendium Supplement (彙編補充)
 - Course of Study (課程內容)
 - Local curriculum guide
 - Pacing guide (課程進度)
 - Textbook and textbook resources (教科書)
 - Library books, videos (圖書館)
 - Personal files (and co-workers' too!)

What Next?

- Put information in a logical sequence.
 - Refer to long range plans to know how many days to plan.
 - Use the textbook as a guide (not the law) for sequencing the concepts/skills.
 - Be careful not to get stuck on doing a page in the textbook everyday.
 - Make sure all skills tested are taught and practiced before testing time.

Then What?

- Plan daily activities.
 - Keep the wanted outcome in mind.
 - Plan to begin the lesson with a focus activity.
 - Provide for visual, auditory, and kinesthetic learners.
 - Plan for questioning throughout the lesson.
 - Keep activities fun and varied.
 - Provide for a variety of groupings.
 - Provide time for guided and independent practice.
 - Provide for early finishers.
 - End lesson with a closure activity.

What's Last?

- Evaluate.
 - Did every student meet the goal?
 - How will I document?
 - How and when will I remediate those that still need help?
 - When will I review this skill/concept?

A GOOD LESSON INCLUDES

- Pre-assessment
- Objectives
- List of materials
- Warm-up and introduction



- Presentation
- Practice
- Evaluation
- Closure
- Application



LET'S BEGIN...

● The format of a lesson should..

- Go one step at a time
- Have a picture for every step
- Have a minimal reliance on words (文字減少)



An effective lesson plan is a set of plans for building something - it "constructs" the learning.

The greater the structure of a lesson and the more precise the directions on what is to be accomplished, the higher the achievement rate.

Harry Wong, The First Days of Teaching

PRE-ASSESSMENT

- What are the characteristics of the learners in the class?
- What do the students already know and understand?
- How do my students learn best?
- What modifications in instruction might I need to make?

OBJECTIVES

- A description of what the student will be able to do at the end of the lesson
- Provides alignment with district and state goals
 - Use behavioral verbs to describe the expected outcomes
 - No-no's: appreciate, enjoy, understand, love, etc.

MATERIALS

- Plan! Prepare! Have on hand!
 - Murphy's Law
- Envision your needs.
- List all resources.
- Have enough manipulatives (when needed) for groups or individuals.



WARM-UP AND INTRODUCTION

- Grab the attention of the students
- PROVIDES THE INTEREST/MOTIVATION factor
- Set the tone for the lesson connected to the objective
 - A question
 - A story
 - A saying
 - An activity
 - A discussion starter

BE CREATIVE

PROCEDURES AND PRESENTATION

- Sets up a step-by-step plan
- Provides a quick review of previous learning
- Provides specific activities to assist students in developing the new knowledge
- Provides modeling of a new skill
 - A picture is worth a thousand words.
 - I hear, I see.....I do!

LEARNING ACTIVITIES

- Graphic organizers
- Creative play
- Peer presenting
- Performances
- Role playing
- Debates
- Game making
- Projects
- Cooperative groups
- Inquiry learning
- Direct instruction
- Differentiation
- Direct Instruction

PRACTICE

APPLYING WHAT IS LEARNED

- Provide multiple learning activities
- Guided practice (teacher controlled)
 - Use a variety of questioning strategies to determine the level of understanding
 - Journaling, conferencing
- Independent practice
 - Practice may be differentiated
- BUILD ON SUCCESS

CLOSURE

- Lesson Wrap-up: Leave students with an imprint of what the lesson covered.
 - Students summarize the major concepts
 - Teacher recaps the main points
 - Teacher sets the stage for the next phase of learning

EVALUATION

- Assess the learning
 - Teacher made test
 - In-class or homework assignment
 - Project to apply the learning in real-life situation
 - Recitations and summaries
 - Performance assessments
 - Use of rubrics
 - Portfolios
 - Journals
 - Informal assessment

REFLECTION

- What went well in the lesson?
- What problems did I experience?
- Are there things I could have done differently?
- How can I build on this lesson to make future lessons successful?

上課計畫的流程

準備活動 (活動前)：課前的準備 (器材、場地、學生狀況)、暖身活動、引起動機



發展活動 (活動中)：主要活動



綜合活動 (活動後)：反省、回饋、評量、告知下一堂課訊息

回家作業 2

◆ 選擇一種運動項目/技術，試著練習設計一份教案。





案例討論四~ 我是嬌嬌女



五分鐘



小組討論

3. 本文中哪些地方需要被改進的?

4. 老師的義務是服務學生，你認為本文章的阿芬老師，要學生服務她，幫她撐傘，是否合乎規範?