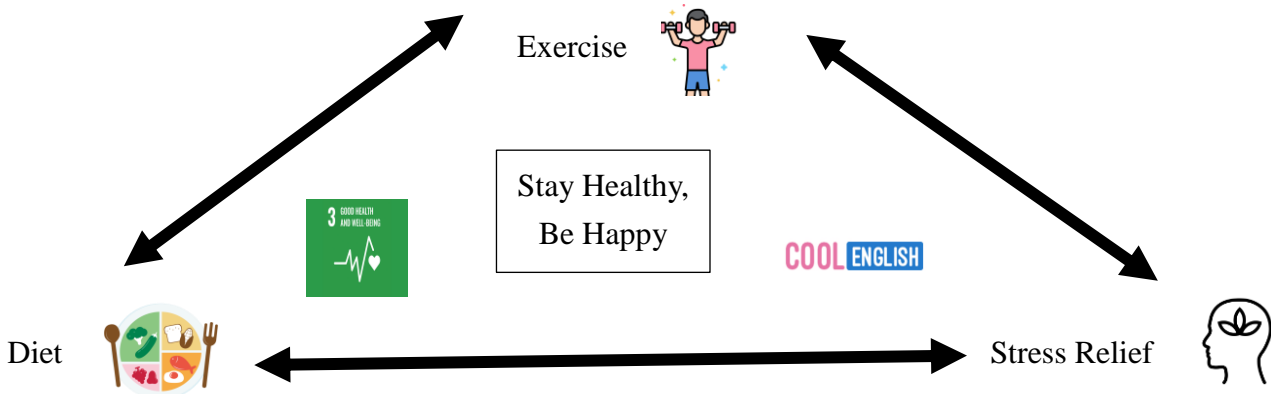


花蓮縣 112 學年度國民中小學英語課採全英語教學教案徵選

國風 國中 全英語教案

領域/科目	英語文	設計者	莊佩蓉
實施年級	七年級(語資班)	總節數	9 節(一節 45 分鐘, 共 405 分鐘)
單元名稱	Stay Healthy, Be Happy 守護健康, 擁抱快樂		
設計依據			
學習重點	學習表現	<p>1-IV-1 能聽懂課堂中所學的字詞。</p> <p>2-IV-5 能以簡易的英語表達個人的需求、意願和感受。</p> <p>◎3-IV-2 能辨識課堂中所學的字詞。</p> <p>*2-IV-12 能以簡易的英語參與引導式討論。</p> <p>3-IV-9 能了解故事的主要內容與情節。</p> <p>* ◎ 3-IV-15 能分析及判斷文章內容, 了解敘述者的觀點、態度及寫作目的。</p> <p>5-IV-8 能聽懂簡易故事, 並能以簡單的字詞、句子記下要點。</p> <p>9-IV-1 能綜合相關資訊作合理的猜測。</p>	核心素養
	學習內容	<p>Ac-IV-4 國中階段所學字詞</p> <p>Ad-IV-1 國中階段所學的文法句型</p> <p>Ae-IV-6 簡易故事的背景、人物、事件和結局。</p> <p>*◎Ae-IV-7 敘述者的觀點、態度、及寫作目的。</p> <p>*Ae-IV-8 簡易故事及短文的大意。</p> <p>B-IV-2 國中階段所學字詞及句型的生活溝通。</p> <p>B-IV-4 個人的需求、意願和感受的表達。</p> <p>*◎B-IV-8 引導式討論。</p> <p>D-IV-1 依綜合資訊作合理猜測。</p>	
議題融入	學習主題	<p>戶外教育 - 健康的身心</p> <p>國際教育 - SDG 3:健康與福祉</p>	
	實質內涵	<p>1. 戶外教育 - 健康身心:</p> <p>戶 J 3 理解知識與生活環境的關係, 獲得心靈的喜悅, 培養積極面對挑戰的能力與態度。</p> <p>2. 國際教育 - SDG 3:健康與福祉:</p> <p>3. 4 減少非傳染性疾病造成的死亡率並促進心理健康, 在 2030 年前, 透過預防與治療, 將非傳染性疾病的未成年死亡數減少三分之一, 並促進心理健康。</p>	

與其他領域/科目的連結	與其他領域/科目的連結不是必要的項目，可視需要再列出。
教材來源	<p>1. 康軒版第二冊 Lesson 1: I play basketball every day</p> <p>2. 自編學習單</p> <p>3. Cool English 網站資源搭配：  <b>【閱讀-讀本】</b>  (1)首頁→課程專區→國中區→閱讀→TCM 讀本 Level 1 →運動、安全、防災教育→04.Keeping Fit with Sports  (2)首頁→課程專區→國中區→閱讀→國中 CLIL 區→健康與體育(國二)→Muscles (肌肉小百科)  (3)首頁→課程專區→國中區→閱讀→國中 CLIL 區→健康與體育(國一)→Eating Right (吃出健康快樂)  (4)首頁→課程專區→國中區→閱讀→TCM 讀本 Level 4→其他類→09. Life in Numbers-Stressed Out!  <b>【字彙】</b>  (5)首頁→課程專區→國中區→字彙→字彙練功坊→14. Sports, interests, hobbies 運動與休閒興趣→基本 1200 單字+常用 800 單字(全)</p> <p>4. SDG 3 健康與福祉：  <a href="https://globalgoals.tw/en/3-good-health-and-well-being">https://globalgoals.tw/en/3-good-health-and-well-being</a></p> <p>5. Food Plate 免費學習資源網站：  <a href="https://quayextension.nmsu.edu/documents/myplate-tip-sheets.pdf">https://quayextension.nmsu.edu/documents/myplate-tip-sheets.pdf</a></p>
教學設備/資源	<p>1. Book Creator 網站</p> <p>2. Bing Image Creator 網站</p> <p>3. Cool English - AI 寫作偵錯工具</p> <p>4. Cool English - Voki 口說小精靈</p> <p>5. Chromebooks、觸控大螢幕</p> <p>6. 小白板、麥克筆、板擦、麥克風</p>
<b>設計理念 (額外增加)</b>	
	
<p><b>設計理念：</b></p> <p>(1)延伸康軒版國中英語第二冊第一課 “I play basketball every day”的對話和閱讀故事主題，引導學生去思考運動對於健康的重要性，同時也帶領學生參與運動、飲食、壓力疏導..等與健康相關的課程活動，進而激發學生對身心健康的重視，最後學習在日常生活中實踐，來守護自己的健康並獲得快樂。</p> <p>(2)本課程期待學生能將所學的英文知識學以致用，能將相關的單字、文法「現在&amp;過去簡單式」</p>	

運用在課堂活動及行動方案中，而不只是會考試而已。

(3)本課程鼓勵學生發揮創造力及實踐力，在日常生活中實踐“守護健康行動方案”，達到健康教育的目的。

(4)本課程融入“SDG 3-健康與福祉”指標，並搭配 Cool English 教學資源(像是閱讀、寫作、口說、字彙....等)，除了多方面提升學生的英語能力外，同時也加強學生對於身心健康的重視。

**(整體課程)學習目標**

1. 學生能描述 SDG3 - 健康與福祉的指標意涵。
2. 學生能明確解釋「守護健康」的意義及重要性。
3. 學生能清楚說明運動、飲食、壓力疏導對於守護自身健康的關聯性。
4. 學生能閱讀及分析運動、飲食、壓力疏導的相關英文讀本，並學習相關英文字彙。
5. 學生能積極參與和健康相關的課堂創作活動，像是 Designing Exercise Plan, Drawing Food Plate, Creating Art Therapist Work...等。
6. 學生能在日常生活中規劃並執行「守護健康」行動方案。
7. 學生能使用 Book Creator 來製作 My Healthy Journey 電子書，來記錄守護自身健康的實踐歷程。
8. 學生能積極使用 Cool English 的各項學習資源，來增進自己的英語力和健康力。

**課程架構 (額外增加)**

單元	課程活動					
課程名稱: Stay Healthy, Be Happy	Sports & Exercise	分析運動對健康的重要性	讀本分析及學習單撰寫: Keeping Fit with Sports	酷英 AI 寫作家教		
	Physical Health	學習進階運動字彙	學習 SDG 3 指標	擬定運動計畫	酷英 AI 寫作家教	
	Healthy Diet	讀本分析及學習單撰寫: Eating Right (分析飲食對健康的重要性)		Food Plate Activity	Food Plate Evaluation Activity	酷英 AI 寫作家教
	Mental Health: Stress Relief	讀本分析及學習單撰寫: Stressed Out (分析壓力對身心健康的影響)		Art Therapist Activity	Art Therapist Evaluation Activity	酷英 AI 寫作家教
課程學習歷程統整: My Healthy Journey 電子書 (Book Creator, 酷英 Voki 口說小精靈)						

教學活動設計

	教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
第一節	<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師請學生再次閱讀已教授過的內容：康軒版第二冊 Lesson 1 Dialogue: I play basketball every day 和 Reading: Do you like basketball or volleyball? 讓學生合作討論為何主角想要每天打籃球？以及為何學生會想加入運動校隊？引導學生進一步了解運動的好處！</p> <p><b>全英語教學句子：</b></p> <p>(1) <b>Teacher:</b> After you review L1 dialogue and reading, please discuss with your teammates about the two questions! My first question is why Alan says “basketball is my life?” And the other question is why students want to join sports teams? Got it?</p> <p>(2) <b>Students:</b> Yes!</p> <p>(3) <b>Teacher:</b> You can use the example sentence to answer the two questions: <b>I think it is because _____.</b></p> <p>3. 學生分組輪流分享運動所帶來的好處，像是能和同儕一起紓壓、增強體力及抵抗力、強化心肺功能...等，教師針對這些好處帶領學生進行反思，讓學生理解運動對於身心健康有很大的幫助，進而重視運動！</p>	5 分	<p><b>教學方式：</b> 小組合作討論法</p> <p><b>教學資源：</b> 1. 康軒版第二冊 L1 Dialogue 和 Reading 內容 2. 小白板、麥克筆、板擦</p>
	<p><b>【發展活動】</b></p> <p>1. 教師帶領學生閱讀 Cool English 讀本 - Keeping Fit with Sports，帶領學生認識多種運動項目，進而激發學生想要運動的渴望。</p> <p>2. 待閱讀完讀本，教師引導學生合作討論自編學習單上第一個問題。</p> <p><b>全英語教學句子：</b></p> <p><b>Teacher:</b> Please discuss the first question with your teammates! What can you do when you are playing the following sports?</p> <p>3. 待討論完畢，學生要將答案書寫在學習單上，並使用酷英 AI 寫作家教，檢查自己的拼字、文法。</p> <p><b>全英語教學句子：</b></p> <p><b>Teacher:</b> Please use the AI writing assistant to check your writing!</p>	35 分	<p><b>教學方式：</b> 講述法、小組合作討論法</p> <p><b>教學資源：</b> 1. Cool English 讀本 2. 自編學習單 3. Cool English AI 寫作家教 4. 觸控大螢幕, Chromebook</p>
	<p><b>【總結活動】</b></p> <p>1. 教師引導學生小組合作討論自編學習單上的第二個問題。</p> <p><b>全英語教學句子：</b></p> <p><b>Teacher:</b> Please discuss the second question with your teammates! If you can choose one sport to keep fit, what will you choose? Why?</p> <p>2. 待討論完畢，學生要將答案書寫在學習單上，並使用酷英 AI 寫作家教，檢查自己的拼字、文法。</p> <p>3. 教師宣布今日作業：複習今日課程內容，並思考自己想嘗試哪一項運動，來維持自己的健康！</p>	5 分	<p><b>教學方式：</b> 小組合作討論法</p> <p><b>教學資源：</b> 1. 自編學習單 2. Cool English AI 寫作家教 3. Chromebook</p>

**全英語教學句子:**

**Teacher:** About today's homework, you have to review today's lesson and think about the sports that you want to do in the free time!

**(第一節-上課照片和學生學習單-範例)**



**(小組合作分析運動的好處)**



**(帶領學生閱讀 Cool English 讀本 – Keeping Fit with Sports)**

Name: *Shelly*

**Live Healthily, Live Happily**  
**Keeping Fit with Sports (Cool English)**

Q1. What can you do when you are playing the following sports ?

Sports	What can you do?
Basketball	earn points when shoot ball through a basket.
Football	players wear helmets and pads to keep them safe. 護具
Soccer	use quick feet to kick the ball.
Baseball	hit a ball with a bat to score.
Swimming	good way to keep fit. Someone race when they swim.
Skating 溜冰	can be played on a team or alone, skate on land or ice. need to keep balance
Track and Field 田徑	many sports to try, for example: racing. can race on foot or wheelchairs.
Karate 柔道	kick and spin. good for your body and make you strong.

Q2. Regarding to Question 1, if you can choose one sport to keep fit, what will you choose? Why or why not?

A: Soccer. Because it seems fun and I'll feel good when I score a point.

Name: *Alan*

**Live Healthily, Live Happily**  
**Keeping Fit with Sports (Cool English)**

Q1. What can you do when you are playing the following sports ?

Sports	What can you do?
Basketball	Earn point when they shoot the ball into basket.
Football	Players wear helmets & pads to keep them safe.
Soccer	Soccer players use their quick feet to kick the ball.
Baseball	players hit a ball with a bat to score.
Swimming	Some people race when they swim. Some people swim for fun.
Skating	People skate on ice or land. Both are fun.
Track and Field 田徑	(Racing) People race on foot and some people race in wheelchairs.
Karate	Karate is good for your body. Karate will make you strong.

Q2. Regarding to Question 1, if you can choose one sport to keep fit, what will you choose? Why or why not?

A: I will choose Track and Field, because you don't need too much equipment to do it.

**(Keeping Fit with Sports 學習單範例，完整作品請看檢附資料)**

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師邀請學生分組討論上禮拜課程的學習內容，以及自己想要從事的運動。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss with your teammates about what you've learned about the last lesson and what sports do you want to do?</p> <p>3. 待學生討論完畢，教師宣布今日將帶領學生繼續學習學生運動及健康相關知識，並擬定運動計畫。</p>	5 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師帶領學生使用 Cool English 平台，並搭配自編學習單，學習運動、興趣、嗜好的 2000 單字。</p> <p>2. 待學習完單字後，教師引導學生再次思考自己擅長及喜歡的運動，並把答案書寫在學習單上。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please write down the sports that you are good at and you want to do in the free time.</p> <p>3. 教師讓學生分組分享、討論並記錄同儕擅長及喜歡的運動。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please share your answer and ask your classmates about the sports that they are good at and they want to do in the free time.</p> <p>4. 接著，教師帶領學生學習 SDG 3 指標，讓學生更深刻領悟到健康對我們的重要性，並鼓勵學生嘗試擬定運動計畫，來維持自身健康。</p> <p>5. 教師引導學生分組討論和記錄自編學習單上的問題，來檢視自己平日的運動狀況和確認自己要從事的運動。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss and answer the four questions on your worksheet.</p> <p>Q1. To be honest, how often do you exercise recently? Why?</p> <p>Q2. To be honest, do you like exercise? Why?</p> <p>Q3. Having good health is very important for every human being. And “exercise” is a useful way for you to be healthy. If you can choose one sports for your exercise plan, what sports will you choose? Why?</p> <p>Q4. How will you motivate yourself to conduct your exercise plan continuously? (Any Award System?) For example, I will watch a movie after exercise to motivate myself.</p>	35 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Cool English 單字學習網 2. 自編學習單 3. SDG 3 網站資源 4. 觸控大螢幕</p>
<p><b>【總結活動】</b></p> <p>1. 教師讓學生使用 Cool English AI 寫作家教，檢查自己學習單上的拼字和文法是否正確。</p> <p>2. 教師宣布今日作業:請複習今日課程內容，並擬定、實踐、記錄自身的運動計畫。</p>	5 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 1. 自編學習單</p>

**全英語教學句子:**

**Teacher:** Please review today's lesson, and do and record your exercise plan in the free time.

2. Cool English AI 寫作家教  
3.Chromebook

**(第二節-上課照片和學生學習單-範例)**



**(學生上課討論情形)**



**(帶領學生認識 SDG 3-健康與福祉)**

Lesson 1 Word Bank Activity Name: Flora  
(Cool English: 字彙練習坊 1200+800 單字補充)

**Sports, Interests & Hobbies 運動、興趣與嗜好**

英文	中文	英文	中文	英文	中文
badminton	羽毛球	jog	慢跑	game	遊戲; 比賽
baseball	棒球	picnic	野餐	guitar	吉他
basketball	籃球	run	跑步	kite	風箏
race	賽跑; 競賽	sail	開船	movie	電影
soccer	足球	sing	唱歌	music	音樂
sport	運動	stamp	郵票	paint	(用顏料) 畫
tennis	網球	surf	上網; 衝浪	piano	鋼琴
camp	露營	swim	游泳	song	歌曲
climb	攀登	trip	旅行	team	隊伍
cook	烹飪	hobby	嗜好	toy	玩具
dance	跳舞	band	樂隊	violin	小提琴
draw	畫	card	卡片; 紙牌	lose	輸掉(比賽)
exercise	運動	comic	漫畫	play	玩
fish	釣魚	doll	玩偶	win	贏
hike	健行	drum	鼓	fan	狂熱愛好者; 迷

Q. What sports are you good at?  
A: I am good at dancing.

Q. What sports do you like to do in the free time? Why?  
A: I like to play badminton in the free time because it is fun and I can play with all of my family members, except my two cousins, they are too young.

Peer Q&A Activity:  
Q. What sports are you good at? (Write down your partner's answers)  
A: Rachel is good at basketball.

Q. What sports do you like to do in the free time? Why? (Write down your partner's answers)  
Rachel likes to play badminton in the free time because it is fun, she says.

Lesson 1 Word Bank Activity Name: Ashley  
(Cool English: 字彙練習坊 1200+800 單字補充)

**Sports, Interests & Hobbies 運動、興趣與嗜好**

英文	中文	英文	中文	英文	中文
badminton	羽毛球	jog	慢跑	game	遊戲; 比賽
baseball	棒球	picnic	野餐	guitar	吉他
basketball	籃球	run	跑步	kite	風箏
race	賽跑; 競賽	sail	開船	movie	電影
soccer	足球	sing	唱歌	music	音樂
sport	運動	stamp	郵票	paint	(用顏料) 畫
tennis	網球	surf	上網; 衝浪	piano	鋼琴
camp	露營	swim	游泳	song	歌曲
climb	攀登	trip	旅行	team	隊伍
cook	烹飪	hobby	嗜好	toy	玩具
dance	跳舞	band	樂隊	violin	小提琴
draw	畫	card	卡片; 紙牌	lose	輸掉(比賽)
exercise	運動	comic	漫畫	play	玩
fish	釣魚	doll	玩偶	win	贏
hike	健行	drum	鼓	fan	狂熱愛好者; 迷

Q. What sports are you good at?  
A: I'm good at hiking.

Q. What sports do you like to do in the free time? Why?  
A: I like play badminton in my free time. Because I like the sound when I hit the ball.

Peer Q&A Activity:  
Q. What sports are you good at? (Write down your partner's answers)  
A: She is good at hiking.

Q. What sports do you like to do in the free time? Why? (Write down your partner's answers)  
She likes jogging in her free time. Because it can let her relaxed feel.

**(單字學習單-1 範例，完整作品請看檢附資料)**

Jenny

**Fight For My Health (About Exercise)**

➤ To be honest, how often do you exercise recently? Why?  
Twice a week, because my PE class is on Mondays and Fridays.

➤ To be honest, do you like exercise? Why?  
No, it is so boring!

➤ Having good health is very important for every human being. And "exercise" is a useful way for you to be healthy. If you can choose one sports for your exercise plan, what sports will you choose? Why?  
I will choose biking, because I like to do it and it isn't so tired.

➤ How will you motivate yourself to conduct your exercise plan continuously? (Any Award System?)  
If you finish, you can buy one thing that you want.

Amy

**Fight For My Health (About Exercise)**

➤ To be honest, how often do you exercise recently? Why?  
Twice a week. (PE Class)

➤ To be honest, do you like exercise? Why?  
No, I don't like exercise!

➤ Having good health is very important for every human being. And "exercise" is a useful way for you to be healthy. If you can choose one sports for your exercise plan, what sports will you choose? Why?  
I will choose jogging, because it is convenient and easy to run anywhere.

➤ How will you motivate yourself to conduct your exercise plan continuously? (Any Award System?)  
I will allow myself to buy expensive cake.

**(運動 Q&A 討論範例，完整作品請看檢附資料)**

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師邀請學生分組分享自身運動計畫的執行狀況。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please share with your teammates about your exercise plan! You can ask the following questions.</p> <p>Q1. What exercise do you do recently?</p> <p>Q2. Do you exercise every day? Why or why not?</p> <p>Q3. How do you motivate yourself to keep exercising?</p> <p>3. 待學生分享完畢，教師宣布今日上課主題 – 帶領學生認識與運動密不可分的肌肉保健知識。</p>	5 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師帶領學生閱讀 Cool English 讀本 - Muscles，帶領學生認識人體的肌肉種類、肌肉功能以及如何保護肌肉，進而促使學生更加了解保健肌肉的重要性。</p> <p>2. 待閱讀完讀本，教師引導學生合作討論自編學習單上的問題。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss the four questions with your teammates and write down your answers on the worksheet.</p> <p>Q1. What are the types of muscles mentioned in the book?</p> <p>Q2. According to the book, how can the muscles help us?</p> <p>Q3. According to the book, how to take good care of your muscles?</p> <p>Q4. Do you take good care of your muscles in your daily life? Why or why not?</p> <p>3. 待討論完畢，學生要將答案書寫在學習單上，並使用酷英 AI 寫作家教，檢查自己的拼字、文法。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please use the AI writing assistant to check your writing!</p>	35 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Cool English 讀本 2. 自編學習單 3. Cool English AI 寫作家教 4. 觸控大螢幕, Chromebook</p>
<p><b>【總結活動】</b></p> <p>1. 教師引導學生合作討論學習單上最後一個問題。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss the last question with your teammates and write down your answers on the worksheet.</p> <p>Q5. After learning this lesson, what ways will you use to take good care of your muscles? Why?</p> <p>2. 待討論完畢，學生要將答案書寫在學習單上，並使用酷英 AI 寫作家教，檢查自己的拼字、文法。</p> <p>3. 教師宣布今日作業：請複習今日課程內容，並在日常生活中實踐保護肌肉行動。</p> <p><b>全英語教學句子:</b></p>	5 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 1. 自編學習單 2. Cool English AI 寫作家教 3. Chromebook</p>

第三節



**Teacher:** About today's homework, please review today's lesson and take good care of your muscles in your daily life.

(第三節-上課照片和學生學習單-範例)



(學生上課討論彼此運動情況，並記錄在小白板上)



(帶領學生閱讀 Cool English 讀本 - Muscles)

Name: ☺ Rache |

**Live Healthily, Live Happily**  
**Muscles (Cool English)**

Q1. What are the types of muscles mentioned in the book?  
They are skeletal, smooth, and cardiac muscles.  
骨骼肌 平滑肌 心肌

- fibers: 纖維
- intestines: 腸
- from: 發源頭
- stretch: 伸
- drink: 縮
- tendons: 肌腱
- Achilles tendons: 腳跟肌腱
- tears: 撕裂
- diet: 飲食

Q2. According to the book, how can the muscles help us?  
The muscles can help us make all kinds of faces, speak.  
Smooth muscles: Do things that you don't have to think about, they work on their own.  
Cardiac muscles: Keep heart beating, work on their own.  
Skeletal muscles: Can tell skeletal muscles to move, you can control them

Q3. According to the book, how to take good care of your muscles?  
• exercise.  
• stretch them every day.  
• not to pull a muscles (your muscles will be tears.)  
• eat healthy food.

Q4. Do you take good care of your muscles in your daily life? Why or why not?  
No, I don't. It is because I don't exercise every day, and I don't eat healthy food every day, either.

Q5. After learning this lesson, what ways will you use to take good care of your muscles? Why?  
I will stretch them every day and eat healthier because they are easier than others.

Name: 顏勻真  
Any

**Live Healthily, Live Happily**  
**Muscles (Cool English)**

Q1. What are the types of muscles mentioned in the book? skeletal, smooth, cardiac, interstines, bladder, stretch & shrink  
Human 600 muscles. 30 in face. long cells called fibers (纖維). Eye muscles move about 100,000 one day.  
• skeletal muscles 骨骼肌 (bones)  
• smooth muscles 平滑肌 (stomach) → work the room  
• cardiac muscles 100 APC (heart) → heart breathing  
do different things (do different things) speak just one word → 72 muscles

Q2. According to the book, how can the muscles help us?  
• write → move head  
17 muscles nibe finger & head work

Q3. According to the book, how to take good care of your muscles?  
• Exercise  
• Stretch them every day (Be careful not to pull a muscle!)  
• Eat healthy food

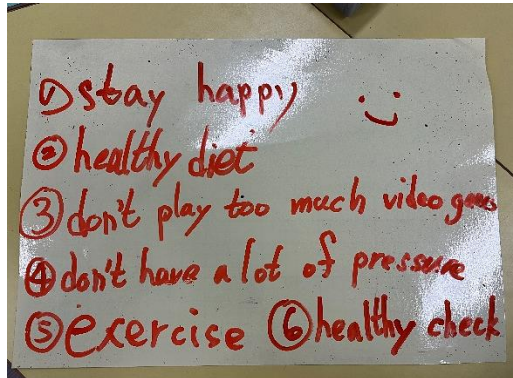
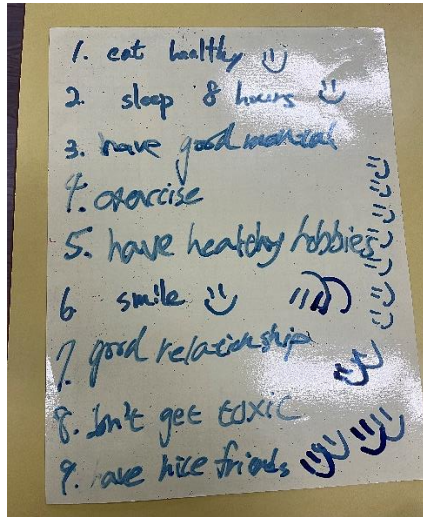
Q4. Do you take good care of your muscles in your daily life? Why or why not?  
No, I don't. I don't eat healthy food every day.

Q5. After learning this lesson, what ways will you use to take good care of your muscles? Why?  
Stretch muscles every day, because I can do it in home and it's easier to continue.

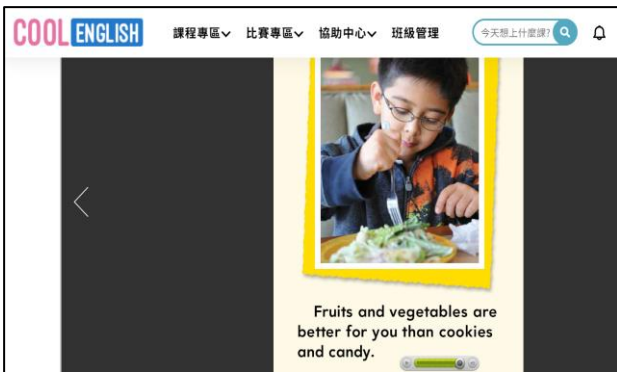
(Muscles 學習單範例，完整作品請看檢附資料)

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師引導學生分組分享自身保健肌肉的實踐經驗，並一同發想除了運動之外，還有哪些方法可以幫助保持人體的身心健康。</p> <p><b>全英語教學句子:</b></p> <p>(1) <b>Teacher:</b> Please share with your teammates about your ways of taking good care of muscles in daily life and think about the question together: “Besides exercise, what can you do to keep yourself healthy?” You can use the example sentence to answer this question: <b>I can stay healthy by v-ing.</b></p> <p>(2) <b>Students:</b> We can stay healthy by having healthy diet, having good sleep, staying happy, having good relationships, reducing stress...etc.</p> <p>3. 教師針對學生的回答給予反饋，並點出今日上課主題:健康飲食的重要性。</p>	6 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師帶領學生閱讀 Cool English 讀本 – Eating Right，帶領學生學習如何吃出健康，應減少垃圾食物的攝取，並養成吃適量健康食物的習慣。</p> <p>2. 教師針對讀本裡所提到的 Food Plate 進行更深入的講解，讓學生理解營養均衡的重要性，要確保自己每天都要攝取五大類食物 – (1)穀物類、(2)水果類、(3)蔬菜類、(4)肉、魚、蛋及代替品、(5) 奶類及代替品。</p> <p>3. 學生合作討論將教師所講述的 Food Plate 重要知識記錄在學習單上，並使用酷英 AI 寫作家教，檢查自己的拼字、文法。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please use the AI writing assistant to check your writing!</p>	36 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Cool English 讀本 2. Food Plate 免費學習資源 3. Cool English AI 寫作家教 4. 觸控大螢幕, Chromebook</p>
<p><b>【總結活動】</b></p> <p>1. 教師邀請學生進行 Exit Ticket Activity，兩兩一組向對方分享今天課程中所學習到最重要的知識。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, please share with the friend next to you about what matters you the most in today’s lesson.</p> <p><b>Students:</b> We should have the habit of eating five types of food every day. / We should stop eating junk food...etc.</p> <p>2. 教師宣布今日課堂作業: 請複習今日課程內容，並在日常生活中實踐吃出健康計畫。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> About today’s homework, please review today’s lesson and start to eat healthy in daily life.</p>	3 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、麥克筆、板擦</p>

(第四節-上課照片和學生學習單-範例)

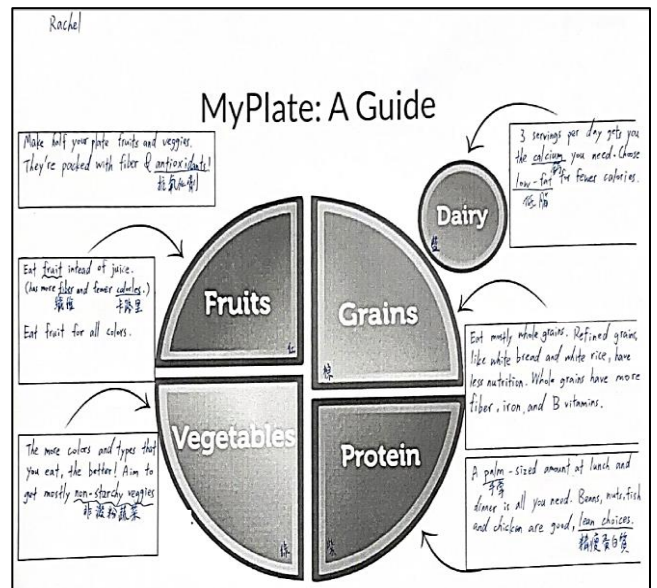
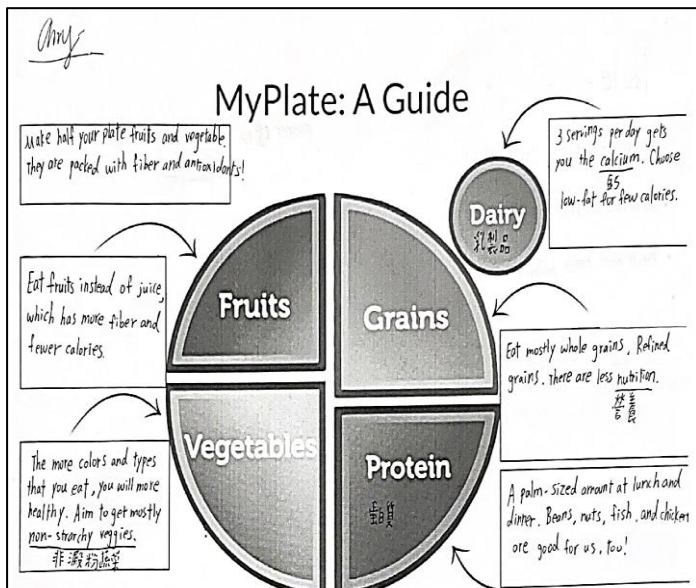


(學生討論出其他可以保持身心健康的方法)



(帶領學生學生閱讀 Cool English 讀本 - Eating Right)

(學生合作記錄 Food Plate 重點)



(學生 Food Plate 筆記範例，完整作品請看檢附資料)

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師引導學生分組討論上堂課上課內容和分享平日健康飲食的實踐經驗。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss with your teammates about the last lesson and your experience of having healthy diet in daily life.</p> <p>3. 待討論完畢，教師宣布今日上課主題: 繪製自己 Food Plate。</p>	2 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師邀請學生根據平日健康飲食的實踐經驗，至少挑選其中一餐來繪製成 Food Plate，來檢視自己的飲食是否營養均衡。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please draw the food plate based on at least one of your meal, to check if you have a healthy diet.</p> <p>2. 學生開始繪製自己的 Food Plate，在繪製過程中，學生也能互相討論，並使用酷英 AI 寫作家教，檢查自己的拼字。</p> <p>3. 待學生都完成 Food Plate 作品後，教師邀請學生輪流發表自己的 Food Plate。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please introduce your food plate to everyone! For example, for yesterday lunch, I had a cup of milk, an apple and a banana, a serving of cabbage and carrot, a half bowl of brown rice and a chicken.</p> <p>4. 待學生都發表完畢，教師邀請學生給予彼此回饋，並投票給自己最喜歡的 Food Plate。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please vote for your favorite food plate. You can write down the reason by using the example sentence: I vote for his/her diet because _____.</p>	41 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Food Plate 免費學習資源 2. Chromebook 3. Cool English AI 寫作家教 4. 投票單</p>
<p><b>【總結活動】</b></p> <p>1. 教師宣布得票最高的 Food Plate，並給予學生們鼓勵。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> The best food plate is Jenny's. Please give her a big applause.</p> <p>2. 教師宣布今日作業: 請持續保持健康飲食的習慣。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> About today's homework, please keep eating healthy in daily life.</p>	2 分	<p><b>教學方式:</b> 講述法</p> <p><b>教學資源:</b> 麥克風</p>

(第五節-上課照片和學生學習單-範例)

Name Rachel

Today, I learned how much of each type of food I should be eating!

ChooseMyPlate.gov

Name Shelly 郭雨晴

Today, I learned how much of each type of food I should be eating!

ChooseMyPlate.gov

Name Jenny 我是 Jenny!

Today, I learned how much of each type of food I should be eating!

ChooseMyPlate.gov

Name PAUL

Today, I learned how much of each type of food I should be eating!

ChooseMyPlate.gov

(學生的 Food Plate 範例，完整作品請看檢附資料)

PAUL

**Vote for the Healthy Diet**

Reasons for Voting:  food selection (食物選擇)  balanced diet (營養均衡)

other reasons (原因可複選) Nice drawing!!

Shelly's I vote for his / her diet because Her diet looks healthy and delicious. That's what I want.

Rachel

**Vote for the Healthy Diet**

Reasons for Voting:  food selection (食物選擇)  balanced diet (營養均衡)

other reasons (原因可複選)

Jenny's I vote for his / (her) diet because Jenny's diet looks great, and it's healthy.

Shelly

**Vote for the Healthy Diet**

Reasons for Voting:  food selection (食物選擇)  balanced diet (營養均衡)

other reasons (原因可複選)

Paul's I vote for his / her diet because Paul's healthy diet has great food in it. And doesn't have too much food.

Amy

**Vote for the Healthy Diet**

Reasons for Voting:  food selection (食物選擇)  balanced diet (營養均衡)

other reasons (原因可複選)

Shelly's I vote for his / (her) diet because I vote for Shelly's because I love the food selection. There are different kind of vegetables and Fruits.

(學生 vote for their favorite food plate 範例，完整作品請看檢附資料)

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師讓學生分組分享參與 Food Plate Activity 的心得。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss with your teammates about your feelings of joining food plate activity and what you have learned from this activity.</p> <p>3. 待討論完畢，教師宣布今日上課主題: <b>認識壓力</b>，此課程主題與第四節學生所討論出保持身心健康的方法有關。</p>	2分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師引導學生討論在生活中面臨哪些壓力，並書寫在自編學習單上。</p> <p>2. 教師帶領學生閱讀 Cool English 讀本 - Stressed Out! 引導學生依序學習(1)人體器官所承受的壓力，(2)壓力賀爾蒙指標，(3)學生所面臨的三大壓力-學校壓力、家庭壓力、生活壓力，(4)紓壓的方法。</p> <p>3. 針對讀本當中所提到三大壓力-學校壓力、家庭壓力、生活壓力，教師引導學生分組討論，將讀本當中所提到的壓力進行分類。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please put the different kinds of stress into the correct groups with your classmates. For example, “grades” belongs to the “school stress” group, “chores” belongs to the “family stress” group, and “career plan” belongs to the “life stress” group.</p> <p>4. 待分類完畢，教師引導分組學生討論和分析，自己在生活中受到哪一種壓力(學校壓力、家庭壓力、生活壓力)影響最深。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Based on the stress you face, what type of stress influences you the most – school stress, family stress or life stress?</p> <p>5. 教師引導學生分組討論，繪本中所提到的四種紓壓方式(靜坐、揉紙團、安靜時刻、運動)哪一種對你最有效?</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Which way of reducing stress is the best for you, meditation, scrunch up, quiet time or work out?</p> <p>6. 教師請學生使用酷英 AI 寫作家教，檢查自己的拼字、文法是否錯誤。</p>	41分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Cool English 讀本 2. 自編學習單 3. Cool English AI 寫作家教 4. 觸控大螢幕, Chromebook</p>
<p><b>【總結活動】</b></p> <p>1. 教師邀請學生進行 Exit Ticket Activity，兩兩一組向對方分享今天課程中所學習到最重要的知識。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, please share with the friend next to you about what matters you the most in today’s lesson.</p> <p><b>Students:</b> We learn three types of stress, my body on stress, ways to reduce stress.</p> <p>2. 教師宣布今日課堂作業: 請複習今日課程內容，並在日常生活中練習</p>	2分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>

紓壓。

**全英語教學句子:**

**Teacher:** About today's homework, please review today's lesson and start to practice reducing your stress in daily life.

**(第六節上課照片和學生學習單-範例)**



**(讀 Cool English 讀本 - Stressed Out!)**

Name: 尤佳妮  
Cool English - CLIL 讀本 - 【Life in Numbers: Stressed Out】

4. Warm-up Activity:  
To you, what is stress? You can brainstorm with your classmates and write down the things which make you stressful below!

grade	parents	health	English	history	running
quiz	exam school	swimming pool	eyes	science	
test	school	swimming pool	sickness	sing	
exam	weather	lesson	speech	dance class	
social	competition	math	gogaphy	PE	
family	GREPT	chinese		basketball	
time					

4. Your Body on Stress:  
Here are some stress signals to look out for when you are stressed. Do you have these stress signals? Please mark them on the paper and tell us why you have these stress signals.

because I think I'm in trouble.

Other symptoms:  
1. losing sleep  
2. hard to pay attention  
3. GREPT hard to remember things  
4. running out little or skip eating  
5. eat a lot of unhealthy food

Name: Melby  
Cool English - CLIL 讀本 - 【Life in Numbers: Stressed Out】

4. Warm-up Activity:  
To you, what is stress? You can brainstorm with your classmates and write down the things which make you stressful below!

grade	exam school	math	Geography	running
quiz	school	babysitting	History	
test	weather	Chinese	science	
exam	competition	English	sing	
social	GREPT	eyes	dance class	
family	health	sickness	PF	
friend	swimming pool	speech	basketball	
parents	lesson			

4. Your Body on Stress:  
Here are some stress signals to look out for when you are stressed. Do you have these stress signals? Please mark them on the paper and tell us why you have these stress signals.

because I'm going to give a speech

Other symptoms:  
1. losing sleep  
2. hard to remember and cope with things  
3. eat very little or skip eating  
4. the food used to "feed the problem" is not healthy.

**(Stressed Out 學習單範例-1, 完整作品請看檢附資料)**

Name: \_\_\_\_\_

4. The Stress Hormone:  
Let's measure how stressful you are by using the following scale! Please mark your current stress level below and share with us the reasons behind it. (e.g. My stress level is 7 because.....)

A: 7

my stress level is 7 because I am worrying about my Chinese grade.

4. Stress Detector Activity:  
Q1. The author mentioned three main types of stress in the picture book. Please explain more about these three main types of stress by listing out the related examples.

School Stress	Home Stress	Life Stress
Ex. ① friendship ② grade ③ being bullied	Ex. ① running late for school ② juggling homework ③ chore for example: baby, puppy	Ex. ① events in the news ② before ③ friendship

Q2. As mentioned above, which type of stress are you afraid of the most? Why?  
School stress because my stress come from grades. Classmates and some teachers seems to care that a lot.

4. Stress Fighter Activity:  
Q1. The author mentioned some useful ways to control your emotions. Please write down them next to the related pictures below!

meditation    scrunch up    quiet time    work it out

Q2. As mentioned above, which way do you like the most? Why?  
conquer 克服    Scrunch up and quiet time, I can't choose, because the first one, visualize 視覺化 you'll feel excellent. About the second one, I can read novels, entering another world.

Name: \_\_\_\_\_

4. The Stress Hormone:  
Let's measure how stressful you are by using the following scale! Please mark your current stress level below and share with us the reasons behind it. (e.g. My stress level is 7 because.....)

A: 7

My stress level is 7 because I am going to know my grades.

4. Stress Detector Activity:  
Q1. The author mentioned three main types of stress in the picture book. Please explain more about these three main types of stress by listing out the related examples.

School Stress	Home Stress	Life Stress
Ex. 1. friendships 2. grades 3. being bullied	Ex. 1. running late for school 2. juggling homework 3. chore: new baby, puppy 4. moving to a new home 5. parents are a lot or worried 6. money	Ex. 1. events in the news 2. before 3. friendship

Q2. As mentioned above, which type of stress are you afraid of the most? Why?  
School stress, because it's my grade is very low, I would feel stress to meet teachers or parents.

4. Stress Fighter Activity:  
Q1. The author mentioned some useful ways to control your emotions. Please write down them next to the related pictures below!

meditation    scrunch up    quiet time    work it out (exercise)

Q2. As mentioned above, which way do you like the most? Why?  
Scrunch up a paper because I feel good if I scrunch up one. I would maybe add one step would rip the paper !!

**(Stressed Out 學習單範例-2, 完整作品請看檢附資料)**

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師讓學生分組分享在平日紓壓的經驗。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss with your teammates about how you reduce stress in daily life.</p> <p>3. 待討論完畢，教師宣布今日課程活動：<u>藝術治療師挑戰-透過畫畫和文字來紓壓。</u></p>	2分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師說明藝術治療師活動的宗旨，學生嘗試利用文字和圖片將壓力具象化呈現並消除壓力。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> We often have stress in our daily life. To reduce our stress, why not we “draw” the stress with our creativity? What’s more, we can draw how we conquer the stress in our painting to reduce our stress. Let’s try to be the best art therapist for ourselves.</p> <p>2. 教師搭配自編學習單的範例，向學生說明藝術治療師的活動內容，學生必須畫出兩幅畫，一張是被壓力束縛的畫，另一張是掙脫壓力的畫，來象徵自己成功克服壓力，並搭配文字說明畫作(文字可以是一張圖片一句話，也可以是一個完整段落寫作)</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> You have to draw two pictures. One picture is about “you are hurt by the stress.” The other one is about “you conquer the stress.” You also have to explain your pictures by using two sentences or a paragraph.</p> <p>3. 除了手動繪畫紓壓外，學生也可以選擇使用 Bing Image Creator 網站來創作 AI 畫作。</p> <p>4. 教師也鼓勵學生使用酷英 AI 寫作家教，檢查自己的拼字、文法是否錯誤。</p> <p>5. 待學生完成作品後，教師邀請學生來依序進行發表，向同學分享自己創作的靈感。</p> <p>6. 教師給予學生作品鼓勵及建議，也邀請學生給予彼此回饋，並選出自己最喜歡的作品。</p>	41分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. 自編學習單 2. Cool English AI 寫作家教 3. 觸控大螢幕, Chromebook 4. Bing Image Creator</p>
<p><b>【總結活動】</b></p> <p>1. 教師邀請學生進行 Exit Ticket Activity，兩兩一組向對方分享今天課程中所學習到最重要的知識。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, please share with the friend next to you about what matters you the most in today’s lesson.</p> <p><b>Students:</b> We learn how to reduce stress by drawing and writing.</p> <p>2. 教師宣布今日課堂作業: 請複習今日課程內容，並持續在日常生活中</p>	2分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、 麥克筆、板擦</p>



練習紓壓。

**全英語教學句子:**

**Teacher:** About today's homework, please review today's lesson and keep reducing your stress in daily life.

(第七節老師和學生學習單-範例)

(Example):

My Drawing with the help of Bing AI Creator:



(Story Description):

It was a normal Sunday. I got up very early before the sunrise and decided to take a stroll at QiXingTan Beach alone. When I arrived at my destination, I was stunned by the beauty of ocean wave and greedily stared at it for a quite long time. Suddenly, something hard and curved hurt my feet. I squatted down and found out there were rocks hit by the wave. I carefully checked the wounds on my feet. They were bleeding...but I was surprisedly calm at that time. Then, I picked up the rocks and talked to them with a deep sigh. "You are like the heavy stress in my daily life, which makes me very painful. Now, you should get out of my life." All of a sudden, the sun came out! I went all out to throw the rocks into the ocean under the shiny sunshine. This fascinating scenery got me into a good mood and refreshed my mind. "Hooray! It is a wonderful start of a day again!" I said to myself happily.

(Example):

My Drawing with the help of Bing AI Creator:



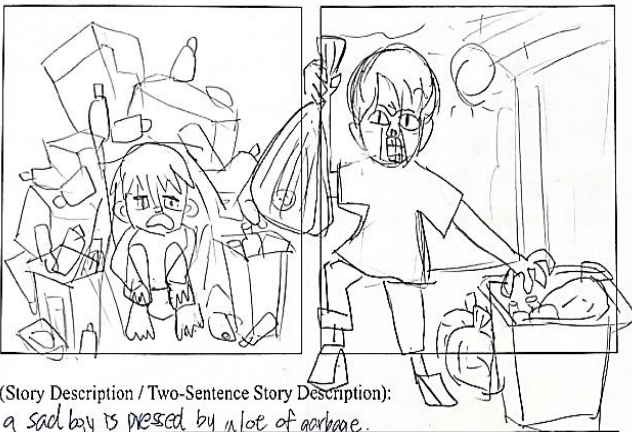
(Two-Sentence Story Description):

Before the sun rises, I pick up the heavy stress in my heart carefully.

After the sun is out, I go all out to throw it into the ocean with a happy scream.

(教師作品範例)

(Example):



(Story Description / Two-Sentence Story Description):

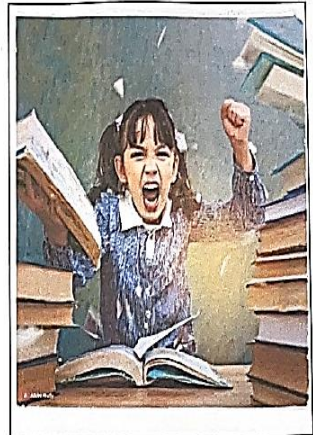
a sad boy is pressed by a lot of garbage.

a boy is throwing a bag of garbage into a trash bin

angry and  
1. I'm in the difficult work case, I can't finish it smoothly.  
So I feel like drown in the pool of garbage.

2. I'm alone with my homeworks and stress, so I box my bad mood and annoying work, then throw them into a trash bin.

(Example):



(Story Description / Two-Sentence Story Description):

A tired and scared girl is being squeezed by heavy books and cannot get out.

An angry girl clutches her fist, opens her mouth and roars. There are scraps of paper flying around that she just tore from the book in front of her.

(Art Therapist 作品範例 - 藝術治療師，完整作品請看檢附資料)

教學活動內容及實施方式	時間	備註 (教學方式或 教學資源)
<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師讓學生分組分享參與 Art Therapist Activity 的心得。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Please discuss with your teammates about your feelings of joining Art Therapist activity and what you have learned from this activity.</p> <p>4. 待討論完畢，教師宣布今日上課主題: <u>製作有聲電子書來記錄此次 Stay Healthy 的學習歷程。</u></p>	2 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、麥克筆、板擦</p>
<p><b>【發展活動】</b></p> <p>1. 教師引導學生連結之前課堂及課後任務，來發想有聲電子書的內容。</p> <p>2. 連結第二堂的課後任務，教師讓學生分組討論自己為期一個月的運動計畫，向大家分享自己的運動執行狀況。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, I want you guys to share your one-month exercise plan and discuss the three questions together.</p> <p>Q1. What sports did you do?</p> <p>Q2. Have you encountered any difficulties when you conduct your exercise plan? How do you overcome those difficulties?</p> <p>Q3. Do you conduct your exercise plan successfully in the end?</p> <p>3. 連結第四、五堂的課後任務，教師讓學生分組推薦自己最滿意的健康飲食成果。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, let's share the best healthy diet for you with your teammates. What did you often eat in the daily life?</p> <p>4. 連結第六、七堂的課後任務，教師讓學生分組推薦自己覺得最有效的紓壓方式。</p> <p><b>全英語教學句子:</b></p> <p><b>Teacher:</b> Now, let's share the best way for you to reduce stress in daily life with your teammates.</p> <p>5. 待討論完畢，教師引導學生使用 Book Creator 網站製作 My Healthy Journey 有聲電子書，透過文字和圖片將自己的課堂任務及課後任務(像是 exercise plan, food plate work 和 art therapist 作品...等)在自己的有聲電子書中精采呈現。</p> <p>6. 學生使用酷英 AI 寫作家教，再次檢視自己的英文用字、文法。</p>	42 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b></p> <ol style="list-style-type: none"> <li>1. 小白板、麥克筆、板擦</li> <li>2. Cool English AI 寫作家教</li> <li>3. 觸控大螢幕, Chromebook</li> <li>4. Book Creator</li> </ol>
<p><b>【總結活動】</b></p> <p>1. 教師確認每位學生製作有聲電子書的進度，並說明下堂課要進行錄音和互相發表有聲電子書。</p>	1 分	<p><b>教學方式:</b> 講述法</p> <p><b>教學資源:</b> 麥克風</p>

(第八節-上課照片範例)



(學生分享、回顧執行健康計畫的心得)



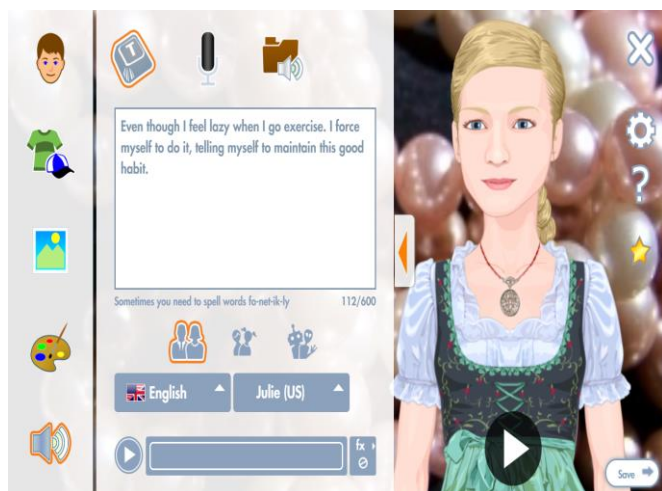
(學生使用 Book Creator 製作有聲電子書)

教學活動內容及實施方式		時間	備註 (教學方式或 教學資源)
第九節	<p><b>【引起動機】</b></p> <p>1. 教師將學生進行差異化分組，讓能力高與能力低的學生同組，於課程中互相合作、學習。</p> <p>2. 教師宣布今日課程任務：<u>完成 Book Creator 有聲電子書的錄音和向同儕分享有聲電子書。</u></p>	1 分	<p><b>教學方式:</b> 講述法</p> <p><b>教學資源:</b> 麥克風</p>
	<p><b>【發展活動】</b></p> <p>1. 教師教導學生如何錄製 Book Creator 有聲電子書。</p> <p>2. 在學生正式錄音之前，教師鼓勵學生使用酷英 Voki 小精靈，來練習英語口說，確認自己的發音與語調是否正確。</p> <p>3. 等所有學生完成錄音後，教師邀請學生依序向同儕播放及分享自己的有聲電子書。</p> <p>4. 待學生發表完自己的有聲電子書，教師給予學生回饋，同時也鼓勵學生給同儕反饋，並票選最喜歡的有聲電子書。</p>	40 分	<p><b>教學方式:</b> 講述法、小組合作討論法</p> <p><b>教學資源:</b> 1. Cool English Voki 小精靈 2. 觸控大螢幕, Chromebook 3. Book Creator</p>
	<p><b>【總結活動】</b></p> <p>1. 教師邀請學生進行 Exit Ticket Activity，兩兩一組向對方分享整個課程中所學習到的(1)最重要的知識、(2)自己的心情、(3)1 項根據課程所學，未來會執行的目標。</p> <p><b>全英語教學句子:</b> <b>Teacher:</b> Now, please share with the friend next to you about the three things.</p> <p>1. The most important knowledge you learn in this whole lesson. 2. Your feelings after taking part in this whole lesson. 3. One future goal.</p> <p>2. 教師針對學生整堂課程的學習成果進行回饋，並肯定學生的學習表現，也鼓勵學生在未來能繼續保持身心健康，守護自身快樂。</p>	4 分	<p><b>教學方式:</b> 小組合作討論法</p> <p><b>教學資源:</b> 小白板、麥克筆、板擦</p>

(第九節-上課照片和學生學習單-範例)



(學生進行 Book Creator 有聲電子書的錄製)



(學生使用 Voki 小精靈進行口說練習)

(學生 Book Creator 有聲書作品 - My Healthy Journey 連結)

1. Flora's Healthy Journey:

<https://read.bookcreator.com/8rSQr7icXFT80IEBNM8aqGrIBUE2/pMu87CVAQvyrsWg6j1O7xQ>

2. Ashley's Healthy Journey:

<https://read.bookcreator.com/bUU92WMRLXcFJ1MZcWSBlxDR2q11/y2WxvOUUTr6O5XIDsm5RLA>

3. Shelly's Healthy Journey:

[https://read.bookcreator.com/ClyuuVRgrVPKqFS4G8IEXIYr8Ws2/jsZxpNmbTU-nM6jLweUp\\_w](https://read.bookcreator.com/ClyuuVRgrVPKqFS4G8IEXIYr8Ws2/jsZxpNmbTU-nM6jLweUp_w)

4. Alan's Healthy Journey:

[https://read.bookcreator.com/vMygxz2FQVPtgOI8PbG91swWATo1/C-Ew0cHWQrSBAR\\_1\\_wjGag](https://read.bookcreator.com/vMygxz2FQVPtgOI8PbG91swWATo1/C-Ew0cHWQrSBAR_1_wjGag)

5. Rachel's Healthy Journey:

[https://read.bookcreator.com/QUVKtd4sEnXeTDQAM2abkK2JcvE3/YqMdx4gkSVKMTYDUQS\\_FTQ](https://read.bookcreator.com/QUVKtd4sEnXeTDQAM2abkK2JcvE3/YqMdx4gkSVKMTYDUQS_FTQ)

6. Jenny's Healthy Journey:

<https://read.bookcreator.com/iWI5nQ4xP2RkWmDnLCmRIMSWM2D3/hlPHKz7fQLifP5tcri5Fog>

7. Paul's Healthy Journey:

<https://read.bookcreator.com/RScJO6NZE6OMALFV9ahPOVv44aK2/mdwKRDmOQHyrRibPR1gLwQ>

8. Amy's Healthy Journey:

<https://read.bookcreator.com/QwmRx5qwu1Zh9KI7D4w65oeY3zz2/aoOTLhxrQ0OHX0RrGI8C8Q>

(有聲書作品範例-封面)



(閱讀學生的有聲書之簡單三步驟)

Step 1: 請複製連結貼到 google chrome 上並按 Enter。

Step 2: 就會看到學生的有聲書封面，每一頁都有一個喇叭按鍵，按下去就可以聆聽學生朗讀書的聲音。

Step 3: 有聲書的左右兩邊都有箭頭，可以讓讀者自由翻閱。

(也可以掃 Qcode，欣賞學生的電子有聲書)

