教育局 課程發展處 體育組 委託香港教育學院 健康與體育學系 承辦

體育教師暑期學校2011 Summer School for PE Teachers 2011

360° 向學生推廣健康生活 360° Promotion of Healthy Living among Students

> 課堂分析 Lesson for Analysis

李宗博士 香港教育學院健康與體育學系

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此簡報只供學術及教學參考之用,不能作任何商業用途。

❖課程指引的啓示 Messages from Curriculum Guides

(課程發展議會,2002b; 課程發展議會與香港考試及評核局,2007)

*健康生活方式-七個學習目標之一

Lead a healthy lifestyle and develop an interest in and appreciation of aesthetic and physical activities.

(課程發展議會, 2002a)

❖健康及體適能-體育學習領域六個學習範疇之一 (Health and Fitness – one of the six strands in PE)

體育 - 培養及幫助學生 The rationales for development of PE

- -培養對體育活動的正確態度
- Nurture students' positive attitudes towards PE
- -養成經常參與活動的習慣
- Motivate students to participate in physical activities regularly
- -建立積極活躍的生活方式
- Help students acquire a healthy lifestyle

(課程發展議會,2002b,頁4)

可能之推行模式

Possible models for promotion of Health through PE

❖ 全學校動員取向 Whole School Approach 體育是整體學校推展健康教育之一部份

❖ 平衡之教育取向 Balanced Education Approach

體育以推展學生之全人教育爲目標,透過體育以推展健康教育,照顧學生相關之智能、體能、活動技能和情意的發展

如動作技巧(motor skills)、自我認定能力(perceived competence) 和增進知識 (knowledge growth) (Ennis, 2011)

可能之推行模式

Possible models for promotion of Health through PE

❖ 健康主導之體育課程模式 Health Education Model

- ❖ 體能主導之體育課程模式 Fitness Model
- ❖ 體力活動取向 PE as Physical Activity Approach (Ennis, 2011)

於體育課程中提升學生之活動量(中至高强度之體育了活動)、心跳率及燃燒卡路厘...

❖ 智能發展取向 Cognitive Development Approach 增進相關知識

課程設計的步驟及主要因素

Process and key factors in curriculum development

- -學校體育的理念 Philosophy
- -目標的釐定 Objectives
- -內容的選取 Content
- -教學法的調適 Teaching methods
- -評估方法的設定 Assessment

課堂和活動片段 Video-taped episodes of PE lessons

❖ 透過正規的體育課程 Through PE Formal Curriculum 特定之健康及體能單元 Purposeful health and physical fitness teaching unit

Video clips:

- 1. 關乎健康概念的體育教學 Mr. Tse To Hung's PE session on learning health concepts
- 2. 強調體能教育的體育教學 Mr. Liu Chi Yung's PE lessons on promoting fitness through games and fitness





Promoting physical fitness through games



- * 體育課堂中之健康及體能常規活動
- Promoting health and fitness through purposeful activities in-built as CLASS ROUTINE at the beginning, middle and end of the lesson

Video Clips:

- 體育課堂中之常規健體舞活動 Ms Wong Ka Lo's aerobic dance routine
- 體育課堂中之常規體能訓練套 Mr. Lau Ka Chun's fitness routine
- 體育課堂中之環校跑 Mr. Tse To Hung's round the campus run routine



王嘉璐老師

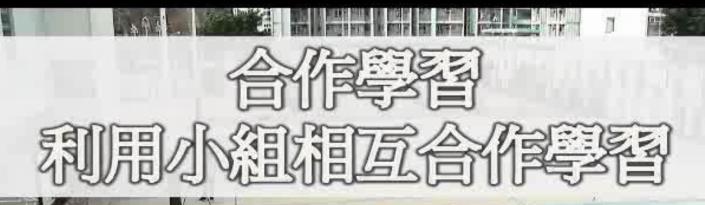


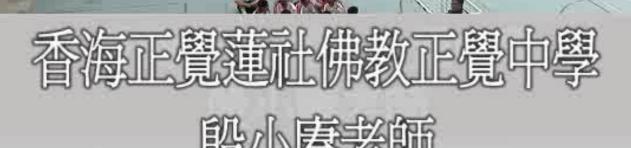


應用多元教學法以保持活動量及達至其他領域之目標 Applying multiple teaching approaches for maintaining activity level and achieving objectives of other domains

Video Clips:

- -合作學習 Mr. Yan Siu Kang Cooperative learning
- -Mosston 教學光譜之設計式 Ms. Chui Chui Lin and Mr. Sze Yick Miu Mosston'Learner's Individual Design programme (Style I)
- -教學光譜 Mosston's Spectrum of Teaching Styles
- -領會教學法 Teaching Games for Understanding
- -競技運動教育模式 Sport Education Model
- -其他 Others...







推展終身體育活動

Promoting health and fitness through introducing life-time sports in PE curriculum

Video clips:

- 雜藝活動 Mr. Fong Fat Wah's social circus PE curriculum
- ∞太極 Tai Chi
- ∞高爾夫球 Golf
- ∞乒乓球 Table tennis
- 其他 Others...



聯課體育活動之推展

Promoting health and fitness participation through purposeful co-curricular activities

Video clips:

- ❖ 課前體育活動 Mr. Choi Hok Fu's physical activities before school
- ❖ 正規及聯課活動的結合 Integration of dance in formal and informal curriculum
- ❖ 其他 Others…?
- ❖ 如何透過體育課程向學生推廣健康生活? How can students' Healthy Living be promoted through PE?
- ❖ 反思-填寫問卷 Reflection- Questionnaire
- ❖ 公開論壇 Open Forum



蔡學富老師

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- Ennis, C. D. (2011). Physical education curriculum priorities: Evidence for education and skillfulness, *Quest*, *63*(1), 5-18.
- Mosston, M., & Ashworth, S. (2002). *Teaching physical education* (5th ed.). San Francisco, CA: Benjamin Cummings.