

臺南市107學年度市立國民小學暨幼兒園正式教師(含代理教師)聯合甄選

體育科教材英譯參考

相關說明及應注意事項：

來源：南一版國小五下(第十冊)健康與體育課本。

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英文試教重點提示：

1. 檢附「臺南市課室常用英語指導用語」供考生參用。
2. 請從試教單元英文翻譯內容中，選擇適量重點單字與用語，配合情境營造、教學活動設計或教具的運用等，適時融入教學。
3. 時間五分鐘，全程以英文進行，以易教、易學、易懂為原則。


中華民國107年5月18日

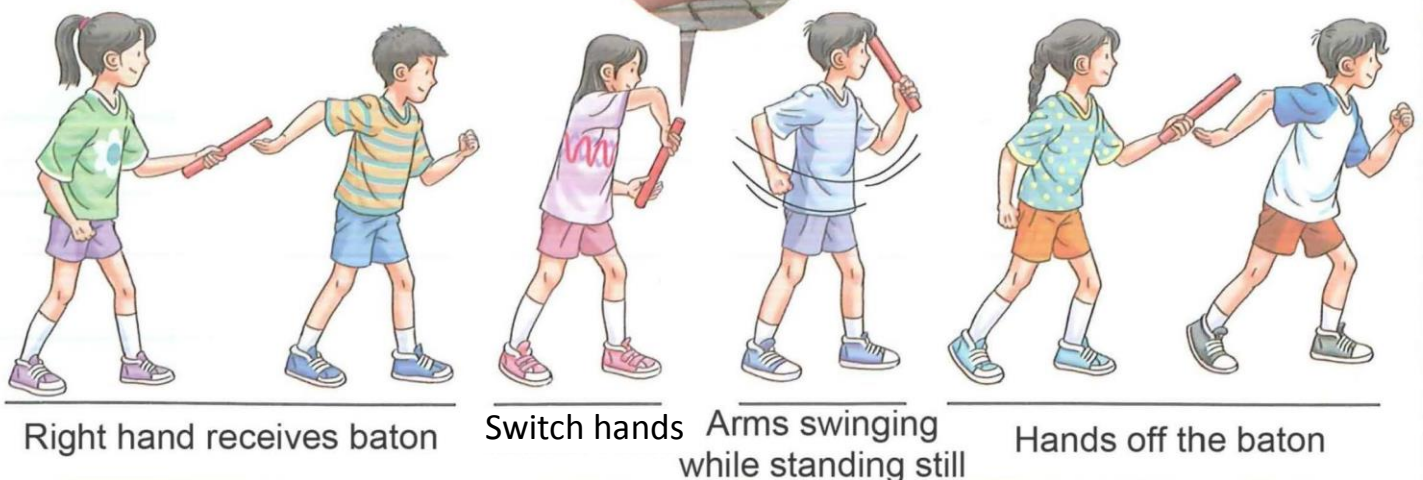
Class Relay Race

The relay race is the most eye-catching sport at the school sports day, and is usually the last sport activity on that day. The relay race requires a great amount of teamwork and skill while passing the baton in order to achieve victory. Let's start practicing together and compete for first place!

1 Practice Passing the Baton

Maintaining running speed while passing the baton is the key to winning the relay race. Therefore, the passer has to maintain his or her speed as the receiver starts to accelerate. The runners exchange the baton while running at high speed.

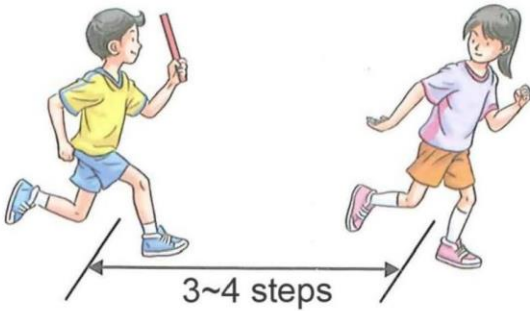
 Practice switching hands when handing off (standing still)



Raise your right hand while receiving the baton, hold the bottom of the baton with your left hand and swing your arms a couple times before passing it to the next runner to complete the passing practice.

Practice Passing the Baton while Running

1. Run



2. Reach!



3. Catch!



4. Switch the baton to the other hand



Practice Passing the Baton while Running in a Lane



Run in the left side of the lane (Receiver)

Run in the right side of the lane (Runner)



Racers often crash into each other while handing off the baton due to the unmatched speeds. Therefore, understanding the correct passing spot allows us to avoid accidents while handing off the batons.

Just before the baton is exchanged, the passer should run on the right side of the lane while the receiver starts running on the left side of the lane. After the receiver starts running, he or she should run on the left side of the lane and reach his or her right hand back to receive the baton. The passer should run on the right side of the lane and maintain speed until the baton is passed.



2 The Starting Point and Exchange Zone

1. Setting the Receiver's Starting Point and Practicing

Different running partners will have different starting points. Practice with your partner until you find your best start position.

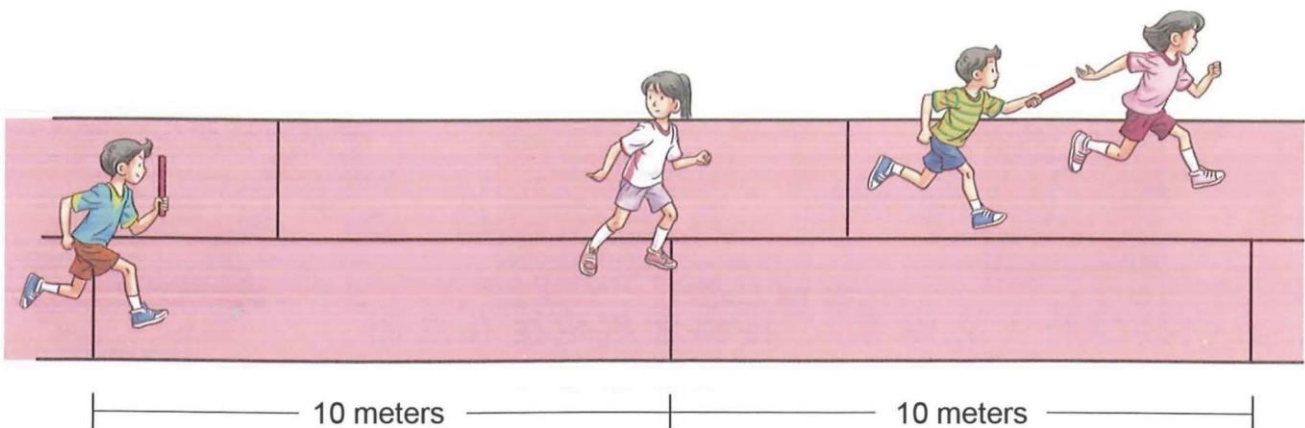
No matter where the receiver's starting point setting is, the baton should be exchanged within the exchange zone.



3~5 big steps.

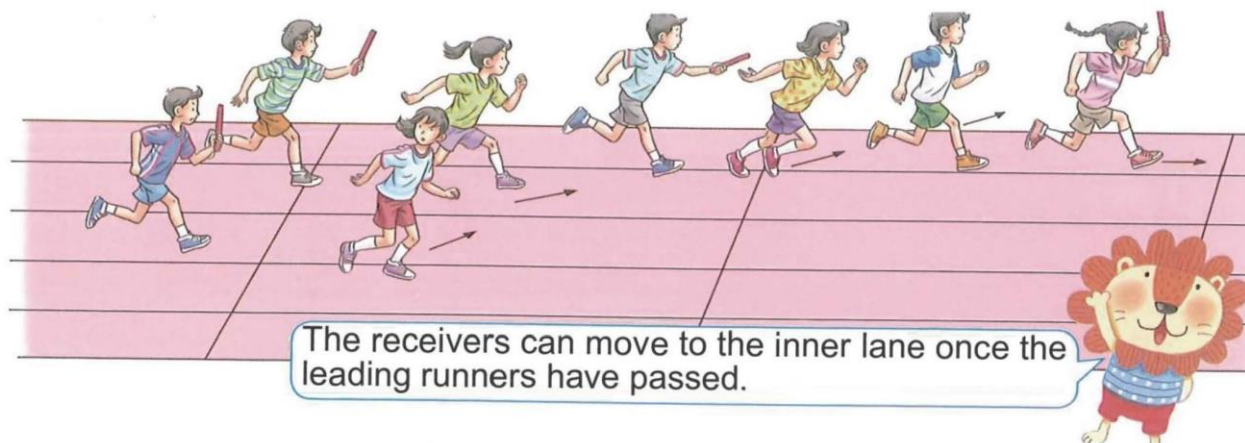
2. Exchanging Before Runners Cut into Inner Lanes

When the race starts, each team has to get ready in their assigned lanes. Before runners are allowed to change lanes, each runner must finish passing the baton within the exchange zone while staying in their assigned lane.



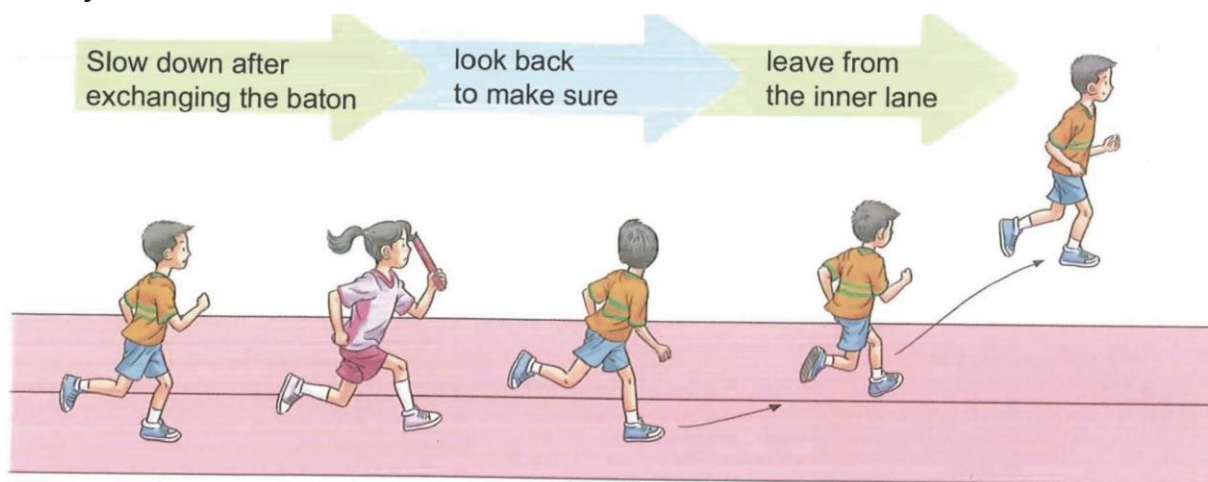
3. Exchanging after Runners Are Allowed to Cut into Inner Lanes

After runners pass the break line, the receivers no longer need to remain in the assigned lanes. The receivers line up according to the passers' places in the race. The receiver from the leading team should stay in the inner lane.



4. Requirements of Passers after Exchange

In order to prevent blocking other runners, the passers must remain in their lanes to slow down after handing off the baton. The passers should then look back to make sure they don't block other runners as they leave the track from the inner lane.



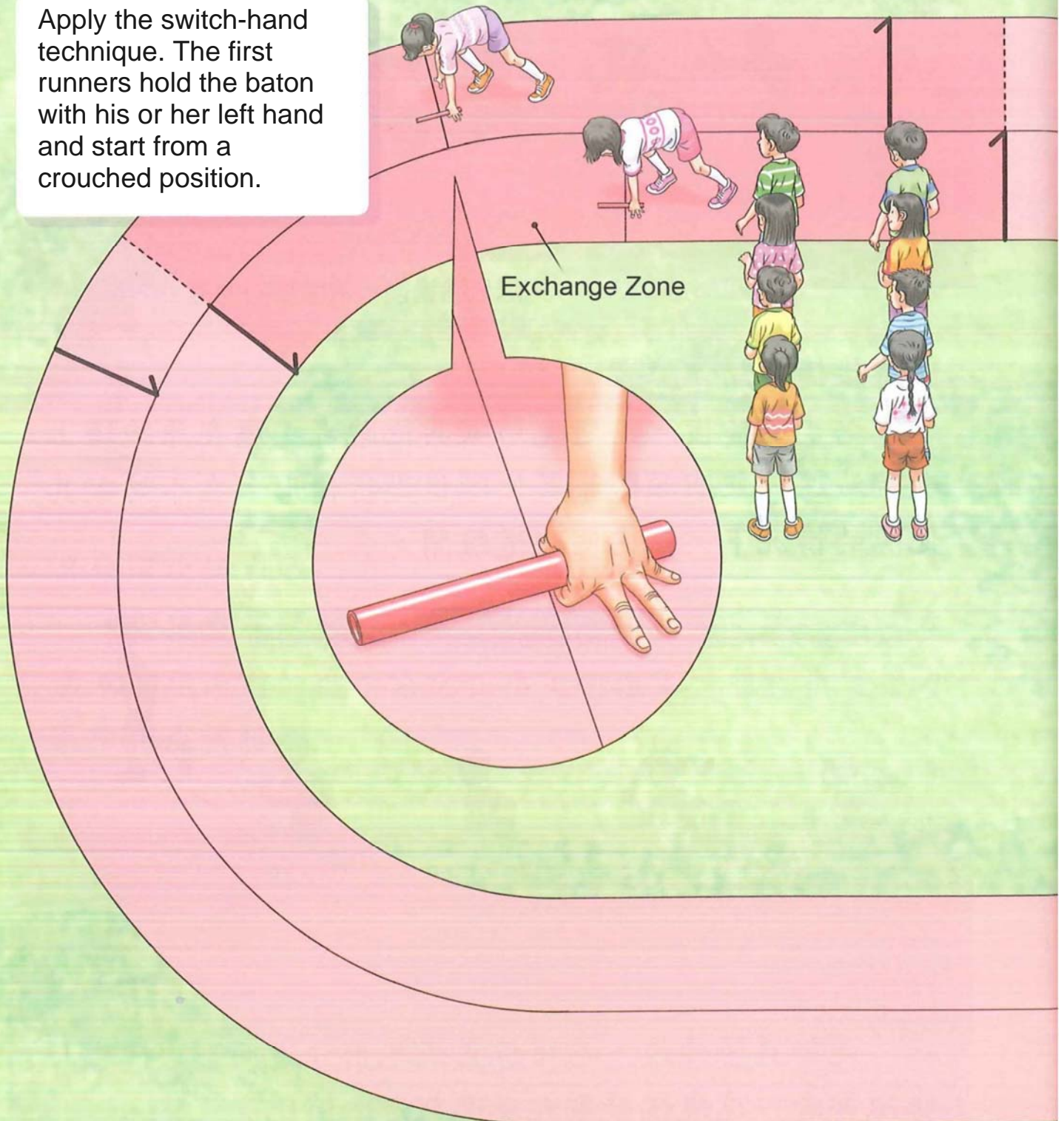
Rule Reminder

After the baton is exchanged, running in the wrong lane, interrupting other racers, and other potential violations could cause the team to be disqualified from the competition.

3 Class Relay Race

The exciting relay race is about to begin! Let's have a friendly match with other classes to show the result of our efforts and teamwork.

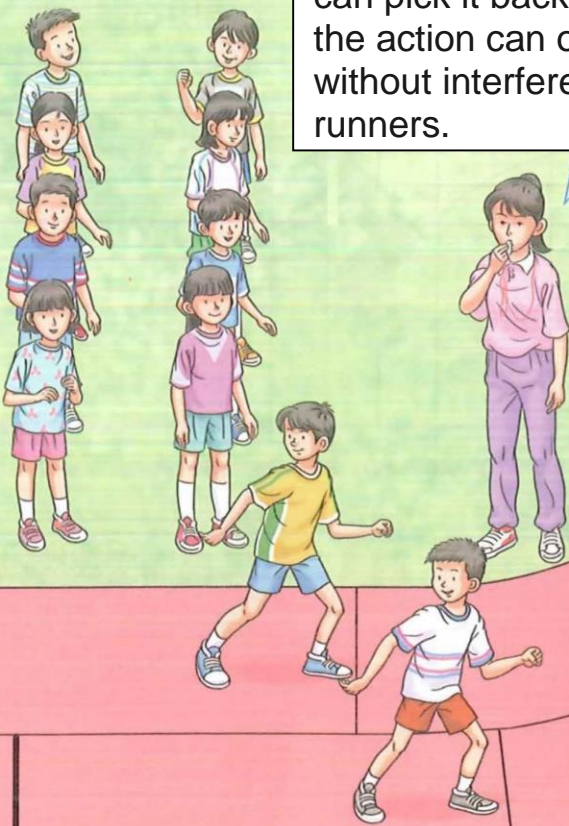
Apply the switch-hand technique. The first runners hold the baton with his or her left hand and start from a crouched position.



Tracks at elementary schools are most commonly 200 meters long. If each racer runs 100 meters, the second runners can cut to the inner lane after passing the curve.

Break Line

If the baton is dropped during the race, only the racer who dropped the baton can pick it back up; however, the action can only be done without interference to other runners.



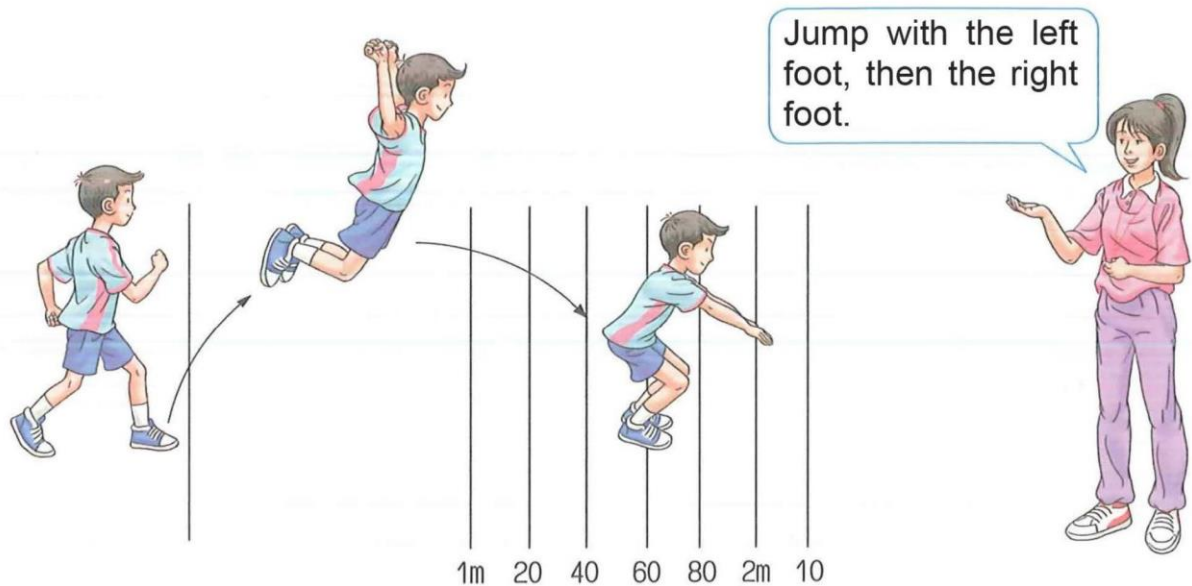
Exchange Zone

Long Jump

The long jump movements can be broken down into four phases; approach, take off, flight and landing. The approach speed, take off, flight, and landing time will determine the distance you travel.

1 Find Your Preferred Jumping Foot

Practice jumping from each foot a couple of times to find the best and most comfortable jumping foot for yourself.



I feel more comfortable and jump farther when using my right foot.



I am different from you. I feel more comfortable with my left foot.

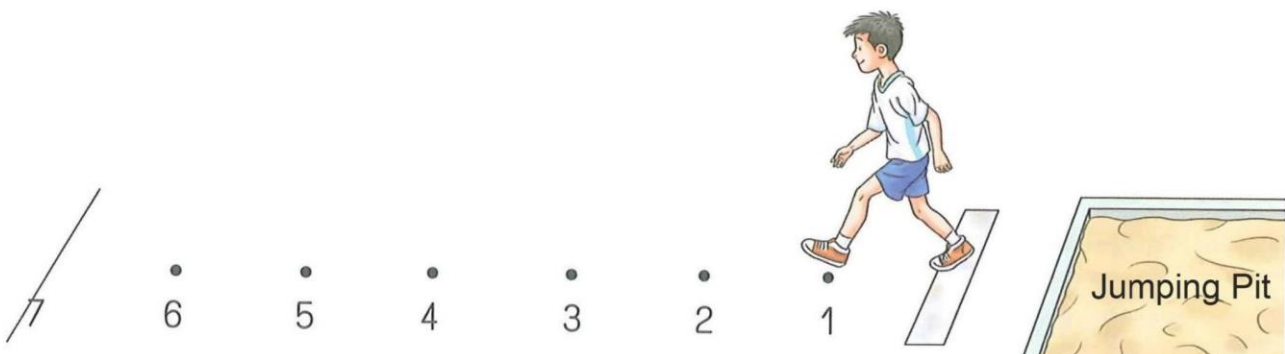


2 Approach

When approaching, the number of steps, distance and speed are critical to the result. Each participant has a different stride length, so one must practice again and again to find the best approaching distance for him/herself.

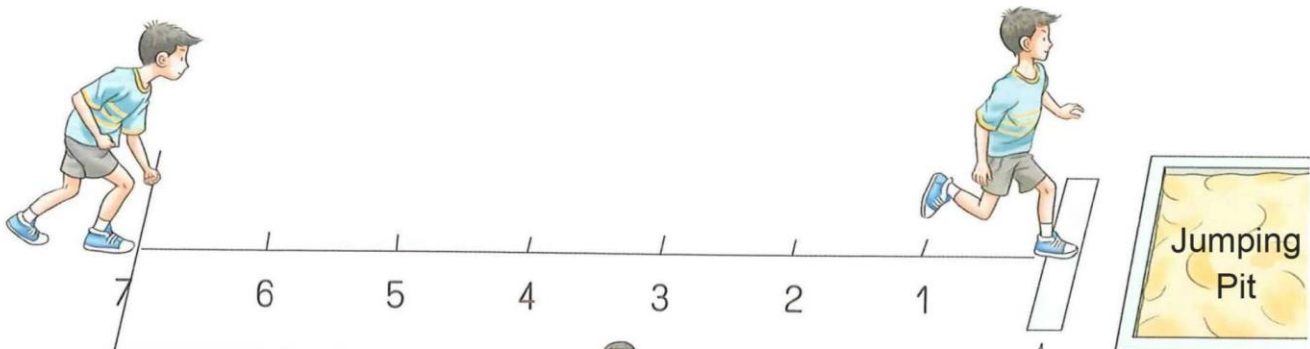
1. Measure Approaching Steps and Distance

Starting from your jumping foot, take 7~9 big steps backward from the take-off board. Measure the approach distance between your starting mark and the take-off board, and mark between each step.



2. Run fast and hit the take-off board

Run fast down the runway so that your jumping foot hits the take-off board.



Adjust the starting mark again and again until your jumping foot can accurately step on the take-off board every time.



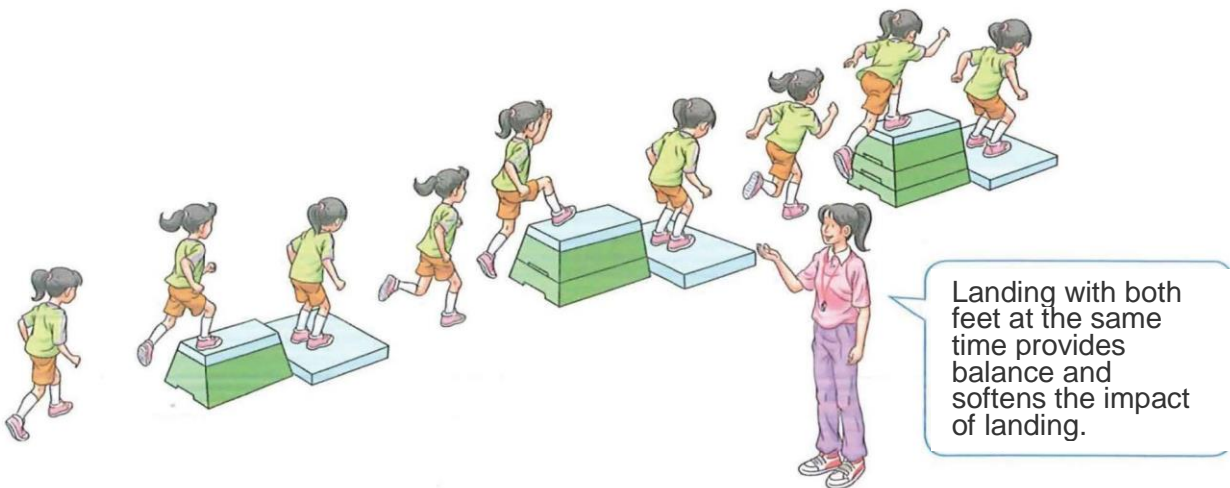
Correct take off point diagram

3 Landing

Landing is the last movement in long jumping. However, incorrect landing could potentially injure the jumper. Therefore, the priority is first to learn how to land safely before practicing flight mechanics.

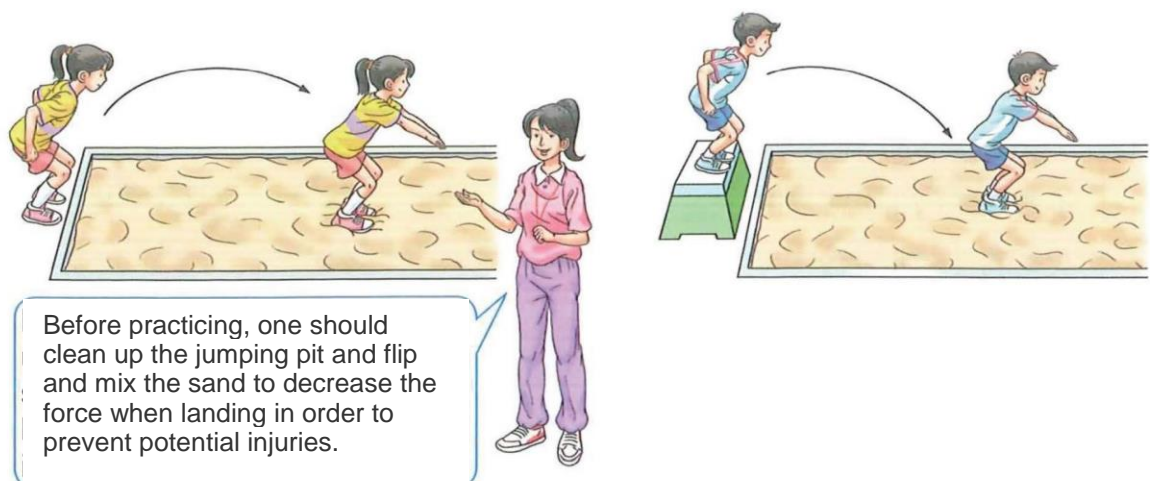
1. Practice with a Vaulting Box

Jump from the vaulting box with one foot, then land gently with both knees half bent. Both feet should land on the cushion at the same time.



2. Jumping into the pit

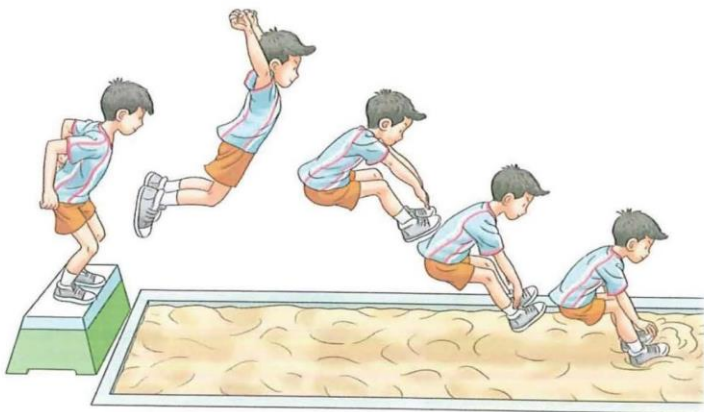
Have your feet about shoulder-width apart, both arms swing down and back. Lean your body forward. Avoid leaning your hips backward when landing.



4 Taking Off

Correct flight mechanics and proper stride technique help you travel a longer distance. Let's start practicing by using the vaulting box and see who jumps higher and farther.

1. Stand on the vaulting box



i. Jump forward while bending your knees and swing your arms to gain extra momentum.

ii. Stretch your arms above your head at the top of your flight. As you reach the top, kick your legs forward so they are roughly parallel to the ground while bringing your arms forward and down.

2. Clap your hands when you reach the top



3. Jump over the river



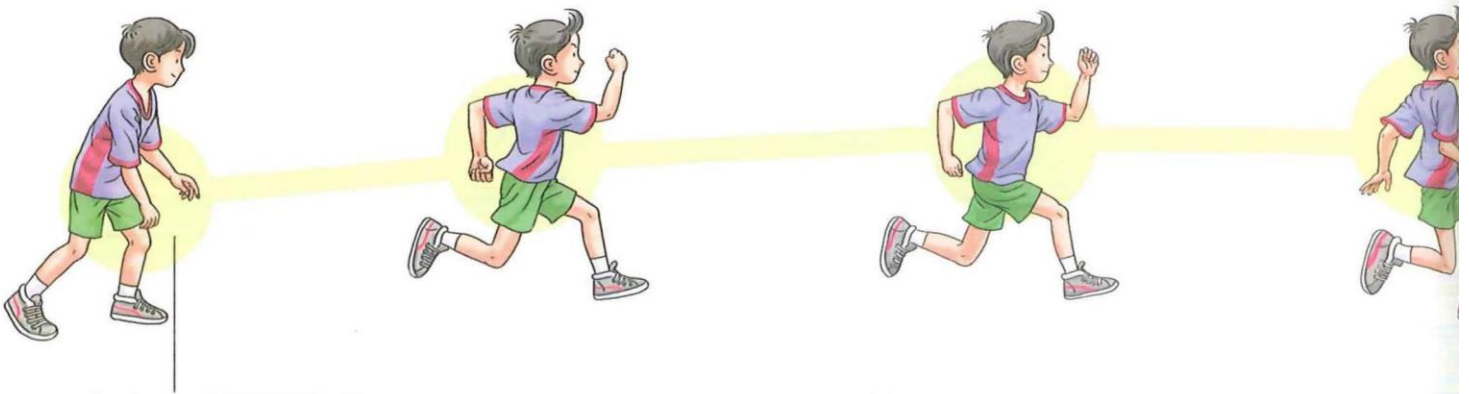
You can practice the in-air movements by using objects or targets. Get ready and try it yourself!



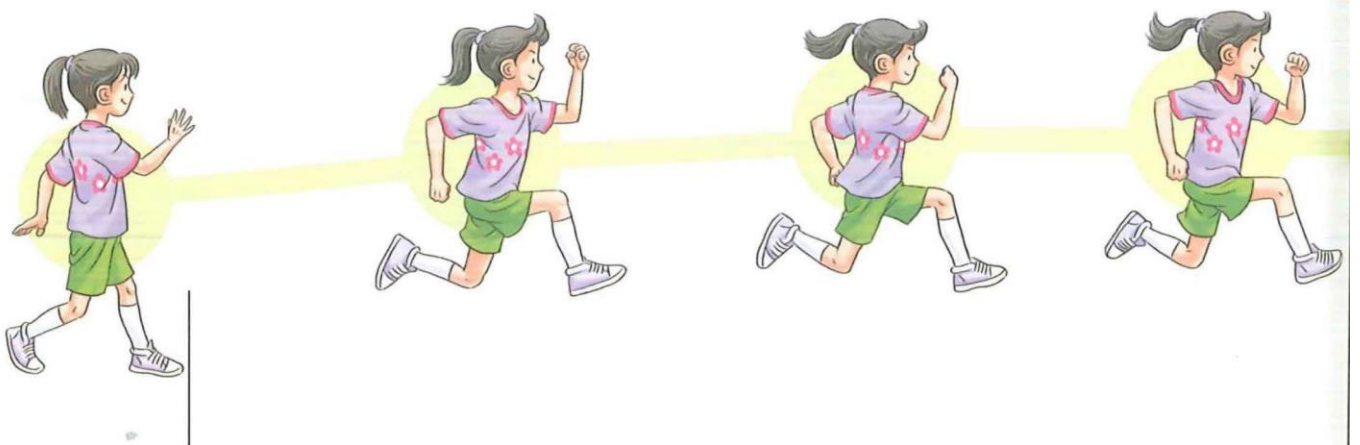
5 Long Jump Competition

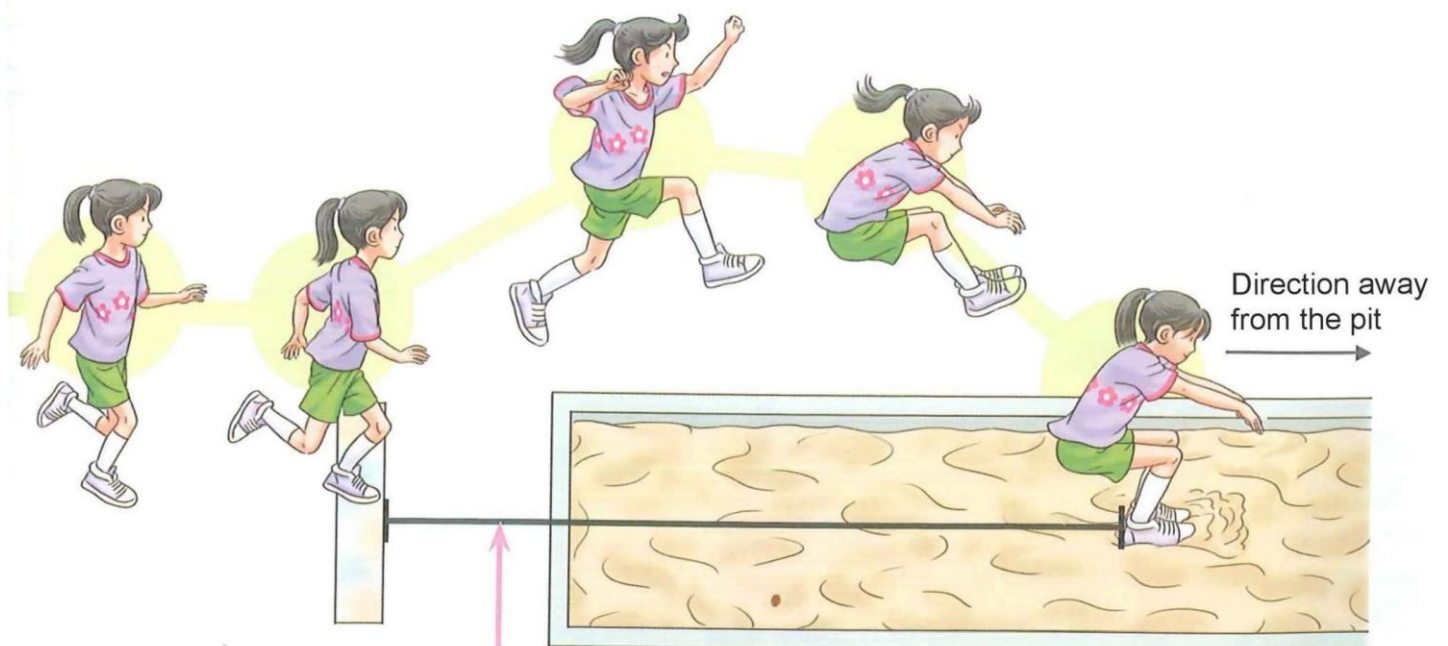
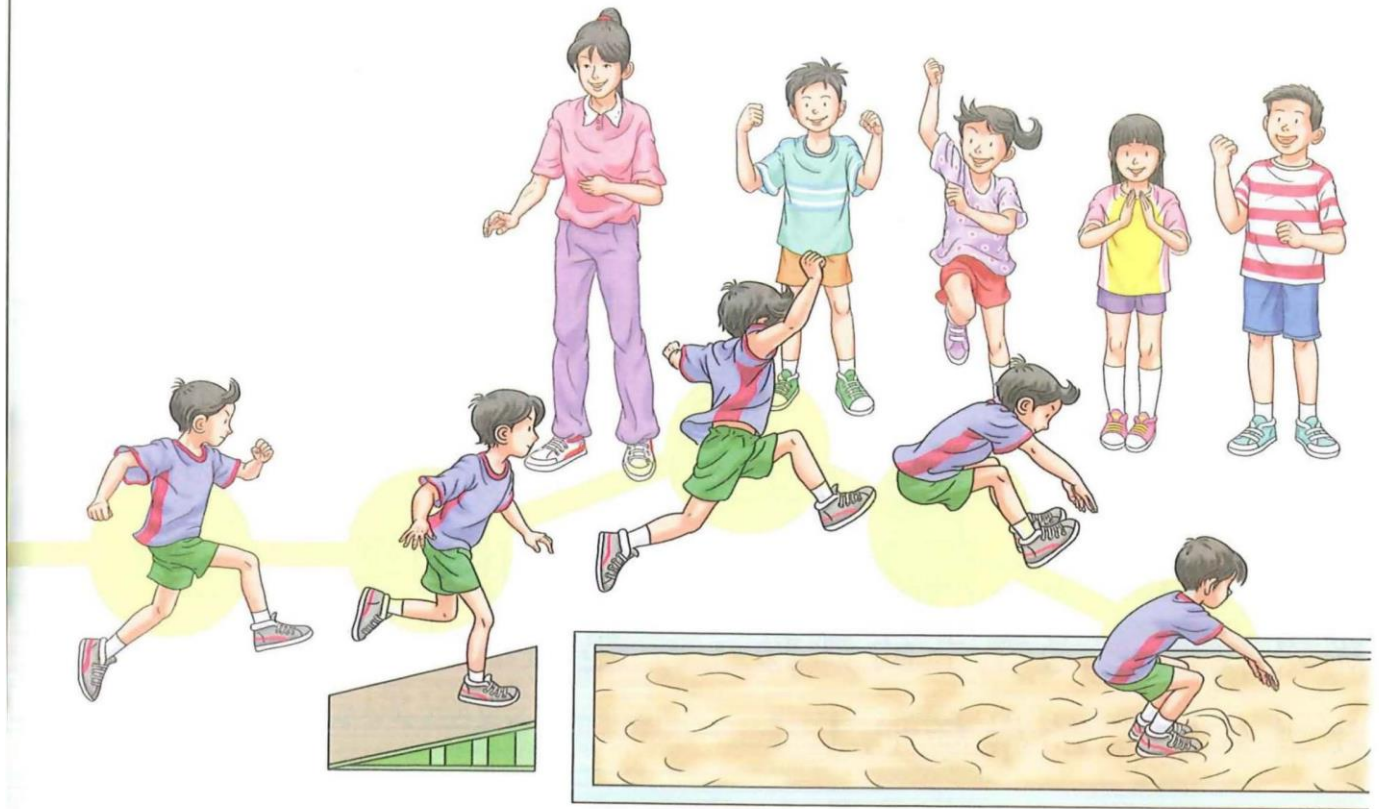
The long jump competition is about to begin. We have broken down all the jumping phases and techniques. We believe you have a better understanding of long jump now. Let us combine all the techniques together and challenge ourselves to do our best.

1. Take off board competition



2. Jump pit competition





The result is taken by measuring the distance from the take-off point to the landing spot.

The Beauty of Spinning

The diablo, known as the Chinese yo-yo is one of the traditional folk arts in our country. The diablo is an affordable and easily learned sport. You don't need a lot of space, a field or special equipment. Therefore, it is a perfect sport for all genders and ages. Now, let's enjoy the beauty and the pleasure of it!

1 What is a diablo?

Chinese yo-yo



Diablo



Two handsticks



String



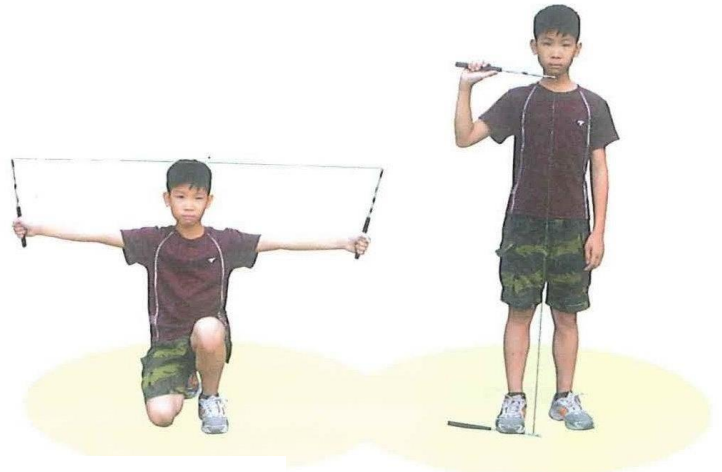
Two cups and Axle



2 Diabolo Safety

One should understand these safety tips below before playing with the diabolo to avoid potential injuries.

- (1) Location requirements: spacious flat ground and sufficient lighting.
- (2) The sticks and strings should be tight and strong. The best length of string should be the same as your two arms stretched out.
- (3) Do not toss the diabolo too high when doing tricks.

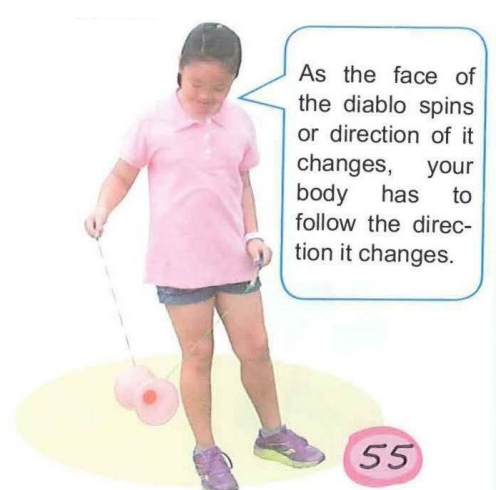


3 Starting, and Spinning a Diabolo

Starting and spinning the diabolo should be one fluid movement. If you want to be an expert diabolo spinner, the basics are the keys to success.

Acceleration

- (1) Place the diabolo facing you on the ground with right foot forward.
- (2) With right hand down, left hand up, roll the diabolo from left to right and pick it up off the ground.
- (3) When picking the diabolo up, pull the right string up along the axle to spin it counter-clockwise.





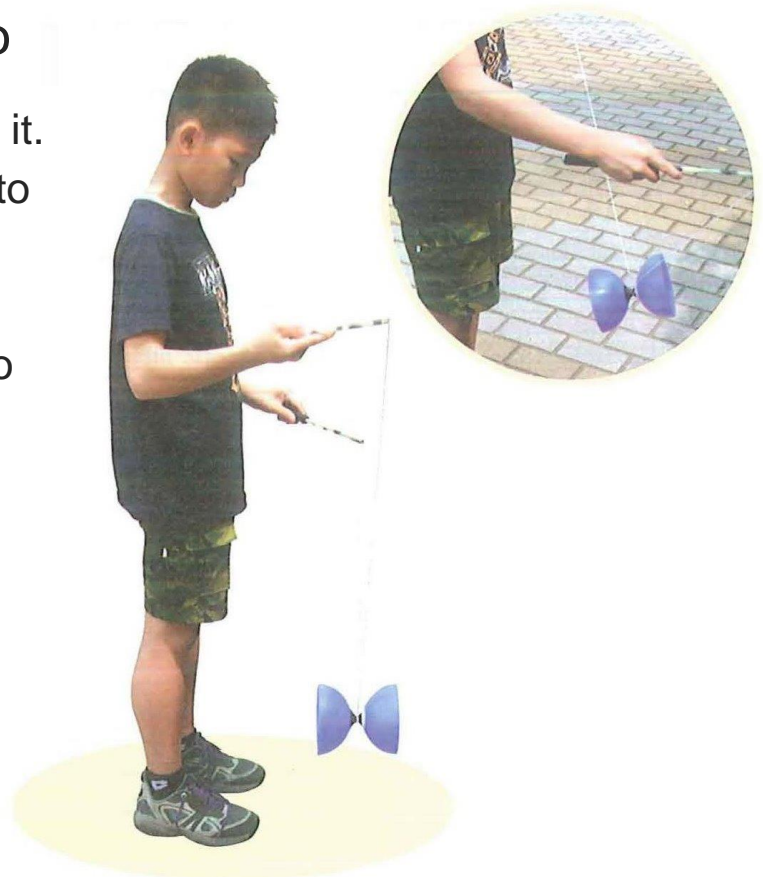
Start the Diabolo on a Loop

- (1) Place the diabolo in the middle of your string on the ground.
- (2) If you are right-handed, wrap the right string counterclockwise around the axle.
- (3) To increase spin speed, keep the right handstick low, repeatedly pull up and release the right string while holding the left handstick still.



Balance the Diabolo

- (1) Tilt the diabolo to balance it.
- (2) When the diabolo begins to tilt, push the string against the cup that is rising.
- (3) After balancing it, return to the original position.



4 Diabolo Expert

After practicing the basics several times, it is time to challenge yourself, learn more advanced tricks and become a real diabolo expert.

Grind

After accelerating, turn your body to the right and pull the string up with the right stick down to make a V shape. As the diabolo jumps to the right stick and starts slowing down, tilt the right stick down to roll the diabolo back onto the string again. Return to the original position and keep spinning.



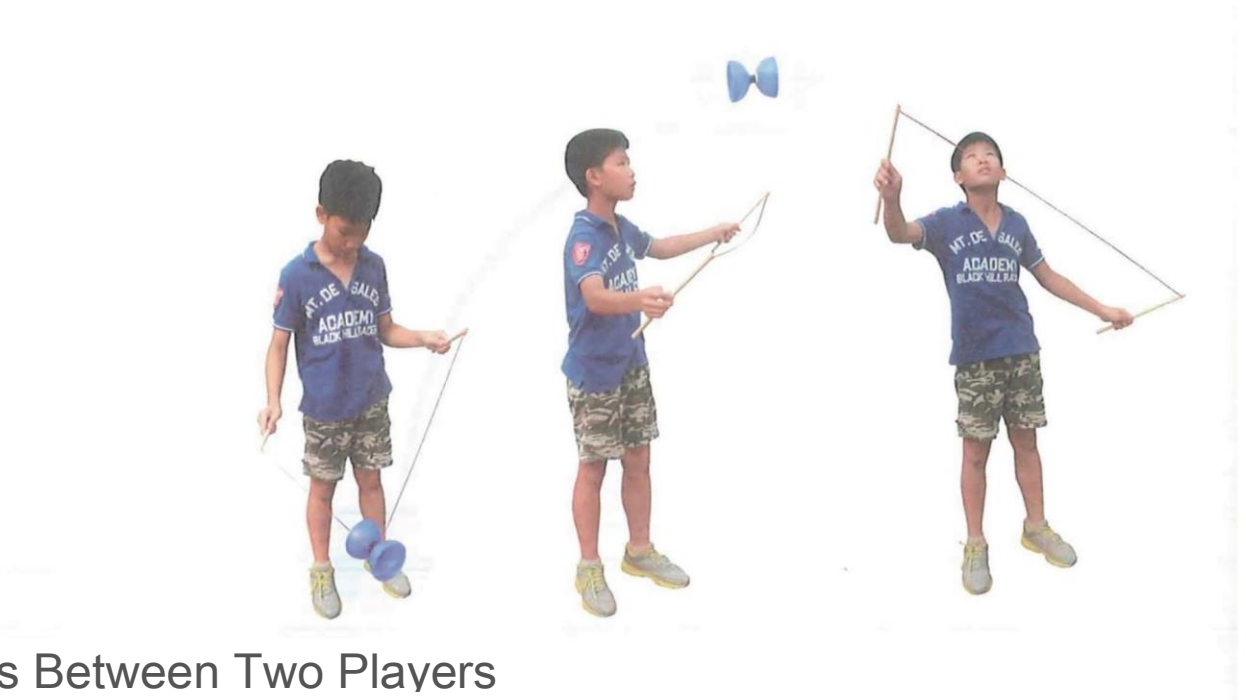
The Escape

After accelerating, tilt your body to the right, and hold both sticks parallel to your body. Raise the right stick up toward you and drop the left stick away from you. Follow this tip: "make a circle from inside out, then make another from outside in." Toss the diabolo up away from you and catch it with the string again.



Throw and Catch

Simply pull the two handsticks apart rapidly to make the diabolo fly up. To catch, simply position the string underneath the axle of the diabolo.



Toss Between Two Players

Form a group of two, with one standing on the right and the other standing on the left. The distance between the two players should be 2-3 meters apart. Follow the tips we learned from [Throw and Catch] and practice again and again until both sides are familiar with the distance, speed, and the height of the diabolo when tossing.



Be careful of the height and distance when tossing the diabolo to stay safe.



5 The Dancing Fairy

Modern diabolo activities are integrated with dancing elements. Advanced diabolo tricks and dance performances are combined to create a unique style of sport. Now gather your classmates, pick a song and perform for each other.



Knowledge Station

This is William Lin Wei-liang, the diabolo world champion, and the pride of Taiwan. William attended the 29th Cirque de Demain competition in France and performed a full six-and-a-half-minute show without any mistakes. Defeating 23 other teams, he won the presidential award. Six thousand audience members chose him as their favorite and he also received an additional award for artistry. William was the first Taiwanese person to participate in this competition and won three major awards. As long as you have the desire to continuously learn, and always seek to do better, you can become a diabolo expert.



Practice makes perfect!



Martial Arts Expert

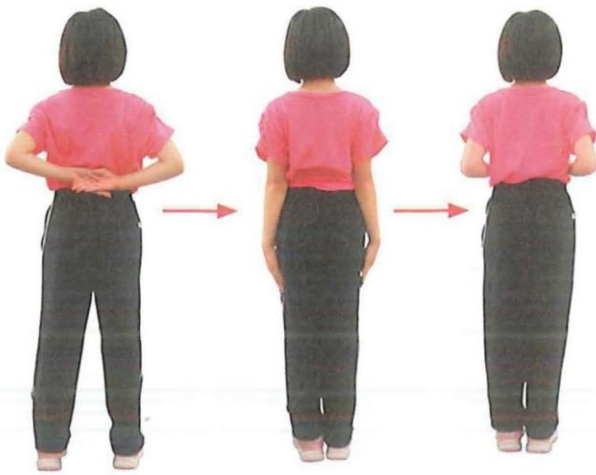
1

Simple Chinese Boxing

Break Down the Movements and Practice

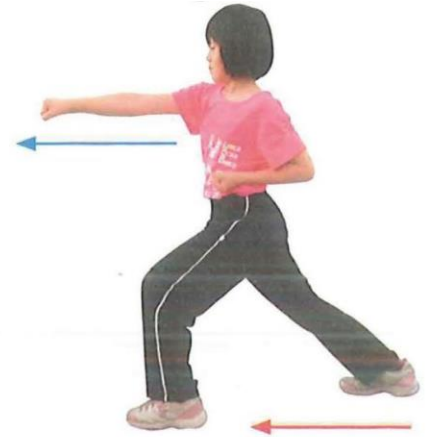
1. Starting Form

Parade rest, then raise both arms up parallel to your waist.



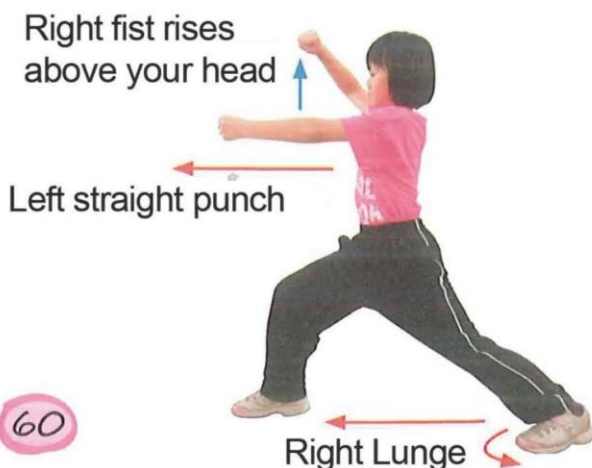
2. Lunge and Punch

Lunge forward by stepping out with your left foot. At the same time, turn your body to the right and punch straight out with your arm parallel to the ground.



3. Lunge Defense and Punch

Following the above move, your left foot points out and right foot comes forward in a lunge. Then turn your waist slightly to the right, bring your right arm up, fist facing left and punch straight with your left fist.



4. Squat position and Chop

Following the previous move, get into a squat position and chop down with your right palm to chest height while pulling your left fist back to your waist.



5. Right Hook Left Punch

Following the previous move, step your right foot to the right to make a lunge, twist your body and waist to the right, put your right hand down into a hook with the palm facing up while your left fist punches forward with your left palm facing out.

Palm facing out



6. Lunge and Fist Chop

Following the previous move, step your left foot forward making another lunge. Twist your body and waist to the left while pulling your left fist back next to your waist and swing your right fist forward, facing up.



Right fist punch and facing up

7. Defend With Your Elbows

Following the previous move, tilt your waist down to the right while doing a squat stand. Then pull your right fist back to your waist and swing your elbow out a little above your head.



Following the previous move, lunge with your right foot while pulling your left fist back to waist height. Swing your right elbow out and tilt your left hip down.





Simple Punching Form

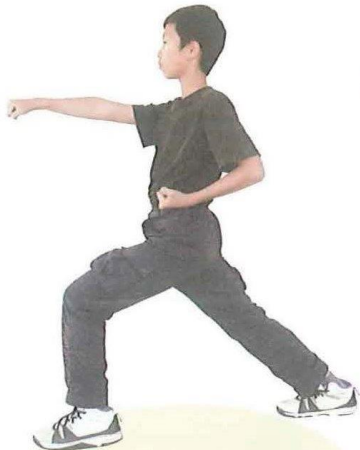
1st command

2nd command

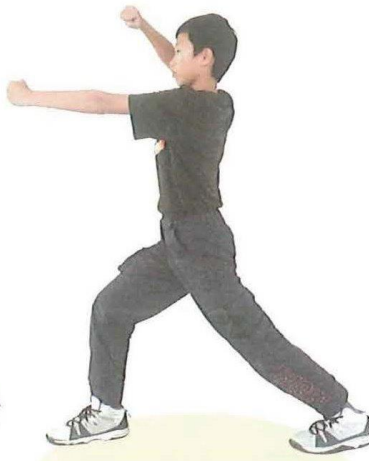
3rd command



Stand up straight with two fists next to your waist



Lunge and Punch



Lunge Defence & Punch



Squat position & Chop

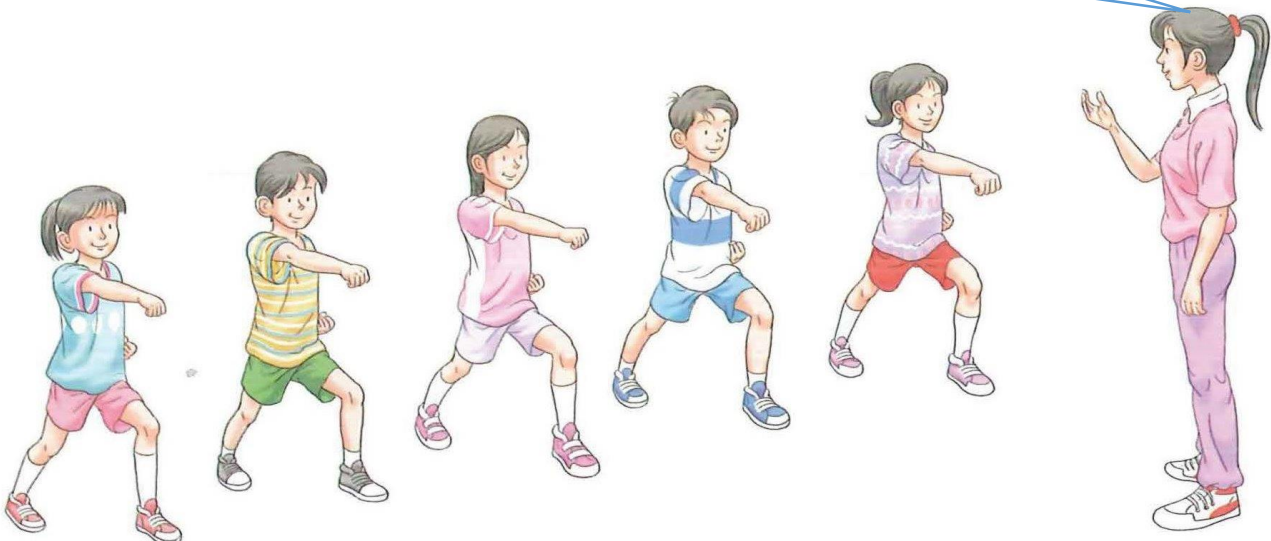
2

Martial arts game

1. Martial Arts Arena

Form a row with a group of five people. Listen to the instructor's commands and finish all the movements. Classmates and the instructor will evaluate the accuracy and neatness of the movements and vote for the group that performs the best.

Lunge and punch!

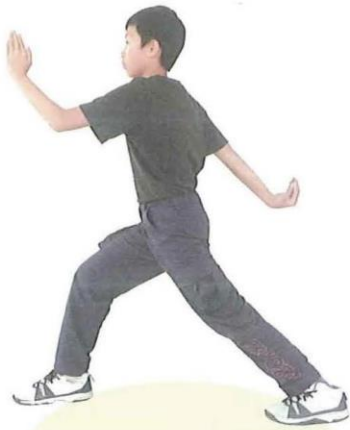


4th command

5th command

6th command

7th command



Right Hook Left Punch



Lunge and Fist Chop

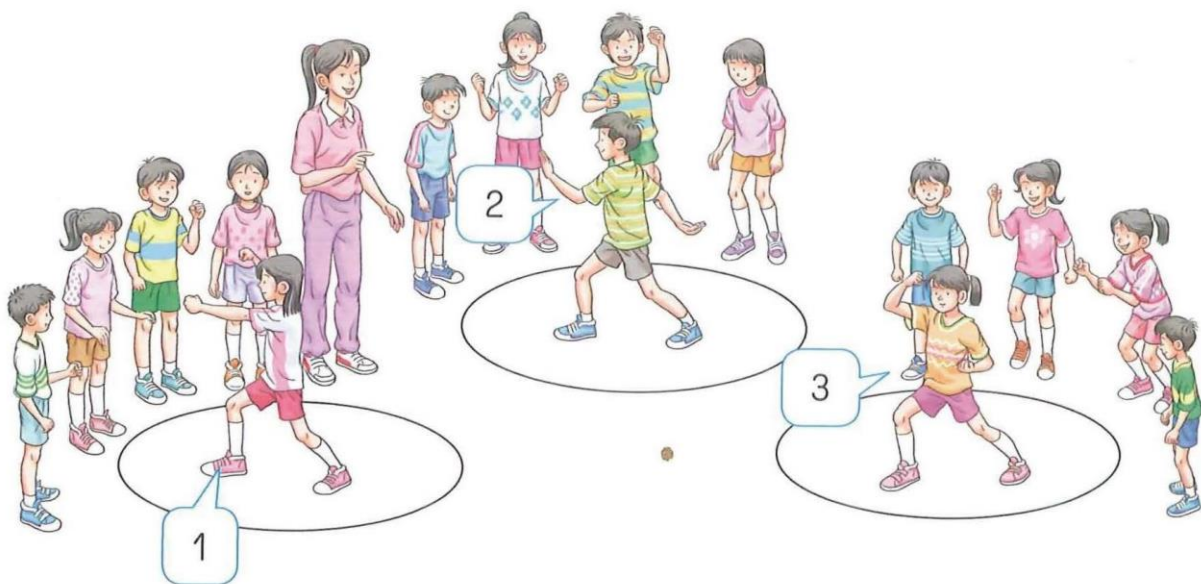


Defend with elbow in squat position



Lunge & punch out with elbow facing up

Regroup all the previous movements we have learned and perform them in a different order, one movement for each command. Utilize your body motion when switching between moves.



3 Roll With Punches

Form a group of two and simulate real fighting situations. One person practices the defense moves while the other practices the attack moves. The two participants should switch the defender and attacker roles several times until both are familiar with all techniques.

One uses lunge and punch while the other uses lunge defence and punch to counter.

Lunge and punch

Attack

Defence



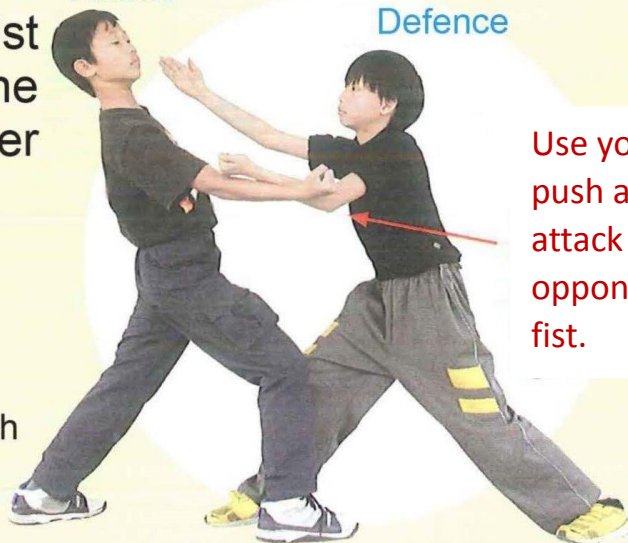
Lunge Defence and Punch

One attacks with right fist while the other uses the lunge and chop to counter the attack.

Right fist punch

Attack

Defence



Lunge and chop

Use your left arm to push aside the attack from the opponent's right fist.

One attacks with right fist while the other uses lunge and fist chop to counter the attack.

Attack

Defence

Right fist punch

Lunge and fist chop

Use your left hand to grab the opponent's right elbow.



When practicing in groups of two, try doing it in slow motion until both sides are familiar with all the movements.

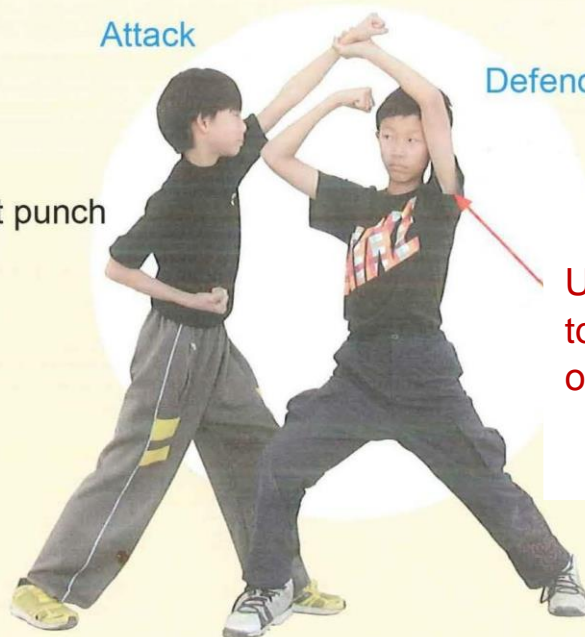
One swings from up to do down with the left fist while the other counters it with elbows facing up.

Attack

Defence

Left fist punch

Use your left hand to hold the opponent's wrist.



Defend with your elbows



臺南市課室常用英語指導用語

| 編號 | 英 文 | 中 文 |
|----|--|----------------|
| 1 | Let's have roll call. | 現在來點名. |
| 2 | It's time for class. | 上課了. |
| 3 | Take out your textbook. | 拿出你的課本. |
| 4 | Take out your pen. | 拿出你的筆. |
| 5 | Let's stop here today. | 這堂課就上到這裡. |
| 6 | Lower your voice! | 小聲一點! |
| 7 | Everyone, take one copy. | 每個人拿 1 份影本. |
| 8 | Everyone, take one worksheet. | 每個人拿 1 份學習單. |
| 9 | Eyes to the front. | 眼睛看前面. |
| 10 | Do you get it? | 懂嗎? |
| 11 | Louder, please. | 請大聲一點. |
| 12 | Are there any volunteers(to read the sentence)? | 有誰要自願(念這個句子)? |
| 13 | Brilliant! (Excellent!) (Terrific!) | 很棒! |
| 14 | All done? | 好了嗎? |
| 15 | Are you done? | 好了嗎? |
| 16 | Let's give her a big hand. | 請給她掌聲鼓勵. |
| 17 | Let's give him a big hand. | 請給他掌聲鼓勵. |
| 18 | Kate, give out the workbooks, please. | 凱特，把作業簿發下去. |
| 19 | Correct each other's answers. | 對一下別人的答案.相互批改。 |
| 20 | Let's take a test. | 現在來考試. |
| 21 | Time's up. Pens down. | 時間到. 把筆放下. |
| 22 | Pass your sheets to the front. | 把考卷傳到前面來. |
| 23 | Raise your hand. | 舉手. |
| 24 | Open your book to page____. | 翻開課本第____頁. |
| 25 | Good job. | 做的真棒. |
| 26 | You got it. | 答對了. |
| 27 | Put your book away. | 請把你的書收起來. |
| 28 | Listen up! | 注意聽! |
| 29 | Put down the screen. | 把螢幕拉下來. |

| | | |
|----|--|-----------------|
| 30 | Draw the curtains. | 把窗簾拉起來。 |
| 31 | Plug in the microphone. | 把麥克風的電源插上。 |
| 32 | Plug in the projector. | 把投影機的電源插上。 |
| 33 | Switch on the microphone. | 把麥克風打開。 |
| 34 | Switch on the projector. | 把投影機打開。 |
| 35 | Switch off the microphone. | 把麥克風關掉。 |
| 36 | Switch off the projector. | 把投影機關掉。 |
| 37 | Please turn on the light and fans. | 請開燈和電扇。 |
| 38 | Please turn off the light and fans. | 請關燈和電扇。 |
| 39 | Don't stare out the window. | 不要看窗戶外面。 |
| 40 | Try to concentrate now. | 現在專心一點。 |
| 41 | Copy down these words on your paper. | 把這些字抄在你的紙上。 |
| 42 | Write down these words on your paper. | 把這些字寫在你的紙上。 |
| 43 | Let's read the sentence on page 1. | 我們一起來念第 1 頁的句子。 |
| 44 | Let's read the article on page 1. | 我們一起來念第 1 頁的文章。 |
| 45 | Come up and write your answer on the blackboard. | 上來把答案寫在黑板上。 |
| 46 | Everyone, what do you think? | 大家覺得咧? |
| 47 | Can anyone point out the mistake? | 誰可以指出哪裡錯了? |
| 48 | Clap your hands. | 拍手。 |
| 49 | Remember to write your name at the top of the sheet. | 記得在考卷上方寫名字。 |
| 50 | I'm sorry./That's O.K. | 對不起/沒關係。 |
| 51 | Good Kid. (boy girl) | 好孩子。 |
| 52 | Please take out your workbook. | 請拿出你的習作簿。 |
| 53 | Pay attention! | 注意! |
| 54 | Sit still! | 請坐好! |
| 55 | Follow me, please. | 請跟著我。 |
| 56 | Repeat after me, please. | 請跟著我唸。 |
| 57 | Come to the front, please. | 請到前面來。 |
| 58 | Go back to your seat, please. | 請回到你的座位。 |
| 59 | Put them in order. | 照順序排好。 |
| 60 | You may have a 10-minute break. | 你們可以休息 10 分鐘。 |

| | | |
|----|--|---------------------|
| 61 | Don't zone out. | 不要發呆. |
| 62 | Don't just sit there daydreaming. | 不要坐在那裡發呆. |
| 63 | You can take a break when you finish. | 等你寫好了你就可以休息. |
| 64 | Look at this picture. | 看這張圖. |
| 65 | Can those in the back see it clearly? | 坐在後面的看得清楚嗎? |
| 66 | Tell me what you see in this picture. | 告訴我你在這張圖裡看到什麼? |
| 67 | Who would like to read the sentence? | 有誰想要念這個句子? |
| 68 | Don't be afraid to make mistakes. | 別怕出錯. |
| 69 | Just guess if you are not sure. | 不確定的話就猜猜看. |
| 70 | There's some room for improvement. | 還有進步的空間. |
| 71 | You can do better than this. | 你可以做得更好. |
| 72 | Show your work to the class. | 把你的作品拿給全班看. |
| 73 | Let me check your answer. | 讓我看你的答案. |
| 74 | Let me check your work. | 讓我看你的作品. |
| 75 | Now let's start from the beginning again. | 現在我們從頭開始再來 1 遍. |
| 76 | Try to do it by yourself. | 自己試試看. |
| 77 | Don't look at others' paper. | 不要看別人的考卷. |
| 78 | One more minute. Everyone, check your answers. | 還有 1 分鐘. 每個人檢查一下答案. |
| 79 | Show me _____. (pencil box) | 拿(鉛筆盒)出來. |
| 80 | Make a sentence with _____. | 用_____造一個句子. |
| 81 | Put _____ back. | 把_____放回去. |
| 82 | Your turn./My turn. | 輪到你了/輪到我了. |
| 83 | Let's do it again. | 我們再重新來一次. |
| 84 | Line up! | 排隊! |