

科目名稱		Course Title
體育(網球)		Physical Education
教學目標		Course Objective
安全從事運動, 引發學生運動興趣. 學科: 運動禮儀之要求. 術科: 運動持續性練習法培養.		Safety in sports , arouse students interest in sport . Subject : Sports etiquette requirements. Technical Subjects : Sports persistent practice law culture .
課程類別/Course Type :		
週次 Week	教學內容	Topics
01	講解上課規則, 分配組別, 注意事項.	Explain school rules , distribution groups , considerations.
02	網球基本動作講解示範 : 握拍講解, 球感練習, 正拍講解.	Tennis basic movements Demonstrations : Plays explain , ball sense practice , forehand explain.
03	網球正拍複習 , 反拍基本動作講解(兩人一組拋球練習)	Tennis forehand review , backhand explain the basic operation (pairs toss exercises)
04	網球正拍複習 , 反拍基本動作複習(兩人一組拋球練習).	Tennis forehand review , backhand basic action review(pairs toss exercises).
05	網球正反拍綜合移位練習(兩人一組拋球練習).	Tennis pros beat comprehensive shift practice(pairs toss exercises).
06	網球正反拍短距哩, 分組對打 20 下練習 (兩人一組).	Tennis pros shoot short miles, grouped under 20 sparring exercises (in pairs) .
07	網球正反拍短距哩, 分組對打 20 下練習 (兩人一組).	Tennis pros shoot short miles, grouped under 20 sparring exercises (in pairs) .
08	綜合練習	Exercises
09	期中考測驗	Midterm Quiz
10	網球截擊講解(正拍, 反拍).	Explain volley tennis (forehand , backhand) .
11	網球截擊綜合分組練習(兩人一組).	Tennis volley integrated group exercises (in pairs) .
12	網球截擊(正拍, 反拍)移位練習.	Volley tennis (forehand , backhand) Shift exercises.

13	講解網球比賽規則,分組(四人一組)雙打練習.	Explain the rules of the game of tennis , group (foursome) doubles exercises.
14	網球雙打練習.	Doubles tennis practice .
15	網球雙打練習.	Doubles tennis practice .
16	網球發球講解 ,注意事項.	Tennis serve to explain the precautions .
17	網球發球自主練習.	Independent practice tennis serve .
18	期末測驗	Final exam
成績評量		Evaluation
1. 上課出席與學習態度 40% 2. 運動技能 30% 3. 隨時測驗 30%		1 .Both attendance and learning attitude 40% 2 .Midterm 30% 3 . Final Exam 30%
教學方法		Methods of Instruction
每次講解並示範,分組練習,巡迴糾正.		Every explanation and demonstration , group exercises , tour corrected.
課程要求		Course Policies and Requirements
1. 準時到課不遲到早退. 2. 需穿著規定之體育服裝. 3. 上課嚴禁用 3C 產品.		1. punctual to classes not late and leave early . 2. The provisions of the need to wear sports clothing. 3. Class 3C products is strictly prohibited .