

GRANTHAM COLLEGE OF EDUCATION

ACTE TEACHING PRACTICE

LEE TUNG WAH

PE 82-9



GRANTHAM COLLEGE OF EDUCATION

Personal Time-table for Teaching Practice

Name of student		LEE TUNG WAH					Reg. No.	PE 82-9						
							Home Tel. No.	3-7145882						
Name of Practice School		Wong Tai Shan Memorial College												
Address of School		250, Nam Cheong Street, Shamshui, Kowloon.												
Name of Principal		Mr. Cheng Sing-yip					Practice sch. Tel. No.	3-7788982						
Cycle Week Time	a	b	c	d	e	f	Date	Week						
	MON.	TUE.	WED.	THUR.	FRI.	SAT.		MON.	TUE.	WED.	THUR.	FRI.	SAT.	
8:20 - 9:00							15/3 - 20/3	<del>15</del>	<del>16</del>	17	18	19	<del>20</del>	
9:00 - 9:40				3 CD	2 CD		22/3 - 27/3	<del>22</del>	<del>23</del>	<del>24</del>	25	<del>26</del>	<del>27</del>	
9:40 - 10:20				3 CD <sub>36</sub>	2 CD <sub>44</sub>		29/3 - 3/4	<del>29</del>	<del>30</del>	31	1	2	3	
10:35 - 11:15		4 BD	3 AB	3 EF			5/4 - 10/4	<del>5</del>	<del>6</del>	<del>7</del>	8	9	<del>10</del>	
11:15 - 11:55		4 BD <sub>42</sub>	3 AB <sub>35</sub>	3 EF <sub>35</sub>			12/4 - 17/4	<del>12</del>	<del>13</del>	<del>14</del>	15	16	<del>17</del>	
	L	U	N	C	H		19/4 - 24/4	<del>19</del>	<del>20</del>	<del>21</del>	22	<del>23</del>	<del>24</del>	
1:10 - 1:45							26/4 - 1/5	<del>26</del>	<del>27</del>	<del>28</del>	<del>29</del>	30	<del>1</del>	
1:45 - 2:20		4 AE			2 AB									
2:20 - 2:55		4 AE <sub>36</sub>			2 AB <sub>43</sub>									

Please cross out (x) the day(s) without classes.











級別： F. 4B/D

學生人數： 男 42

平均年齡： 16

女 1

授課時間：

DAY b 10:35 至 11:15 場地 室內場

DAY b 11:15 至 11:55 場地 籃球場

## 教學計劃

體操課 17/3 25/3 22/4 30/4

1. 魚躍前滾翻

4. 雙槓

(a) 穿槓上, 轉體 180° 成馬騎坐

(b) 直臂擺動

2. 手倒立

3. 雙槓

(a) 手行過槓

(b) 雙手同時跳動過槓

(c) 掛臂擺動

排球課 17/3 25/3 22/4 30/4

1. 上下手傳球複習

2. 下手發球

3. 上手發球

4. 升球

檢討：

- ① Teacher - pleasant & confident.
- ② Instruction clear, cover essential points.
- ③ Certain exercises have not been taken up seriously by class. Inform them the function of the exercise may improve class attitude.
- ④ Immediate correction may save feedback to class - can be done immediately by copying the performance of two selected pupils.
- ⑤ Dist. use of space.
- ⑥ Should be aware of the audience - full attention to groups.
- ⑦ Safety precaution should be more emphasized to class.



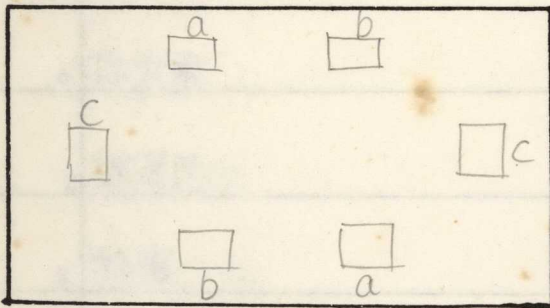
每節：

# 體操課

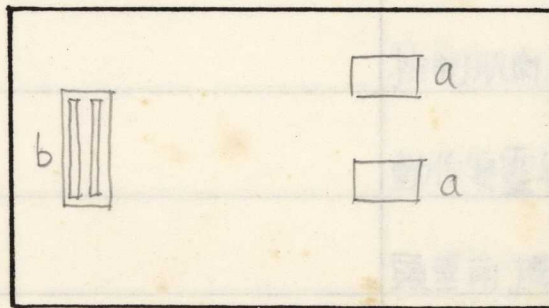
教學目的：

- |          |          |          |          |
|----------|----------|----------|----------|
| 1/3      | 25/3     | 22/4     | 30/4     |
| (1) 暖身活動 | (1) 暖身活動 | (1) 暖身活動 | (1) 暖身活動 |
| (2) 技巧訓練 | (2) 技巧訓練 | (2) 技巧訓練 | (2) 技巧訓練 |
| 魚躍前滾翻    | 手倒立      | 雙槓       | 雙槓       |
| (3) 分組活動 | (3) 分組活動 | (3) 分組活動 | (3) 分組活動 |
| a 前滾翻    | a 手倒立    | a 手倒立    | 手倒立      |
| b 魚躍前滾翻  | b 魚躍前滾翻  | 魚躍前滾翻    | 魚躍前滾翻    |
| c 頭手倒立   | c 頭手倒立   | b 雙槓掛臂擺動 | 雙槓直臂擺動   |
| (4) 整理活動 | (4) 整理活動 | (4) 整理活動 | a 雙槓竽槓上  |
|          |          |          | (4) 整理活動 |

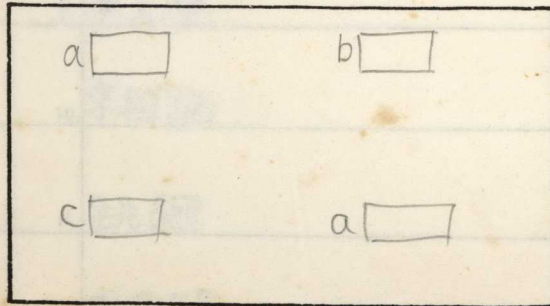
場地：1/3



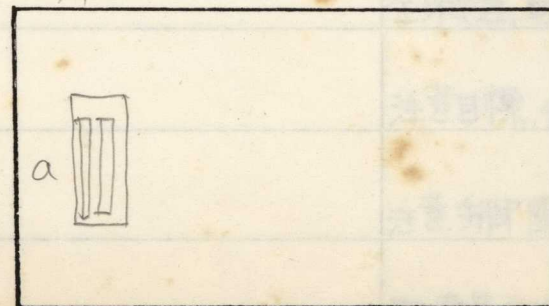
22/4



25/3



30/4



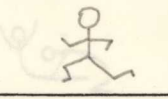


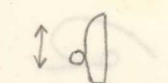
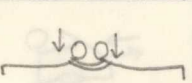
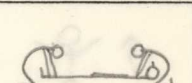
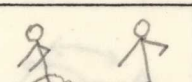
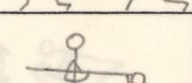
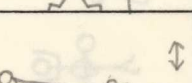
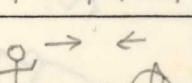
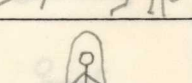
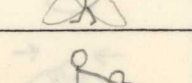
檢討：

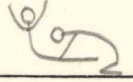
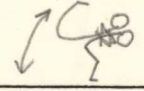
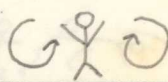
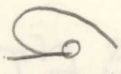
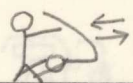
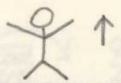
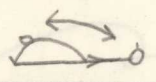
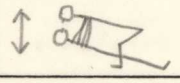
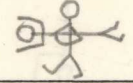
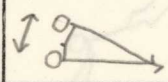


- ① Teacher - pleasant & confident.
  - ② Instruction clear, cover essential points.
  - ③ Certain exercises have not been taken up seriously by class. Inform them the function of the exercise may improve class attitude.
  - ④ Immediate correction may serve feedback to class - can be done verbally or by comparing the performance of two selected pupils.
  - ⑤ Sat. use of space.
  - ⑥ should be aware of the uneven hall attention to groups.
  - ⑦ Safety precaution should be more emphasized to class.
- 17/3/82

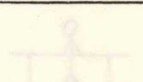
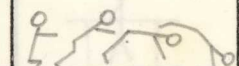
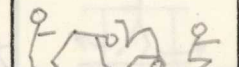
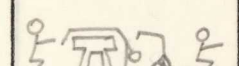
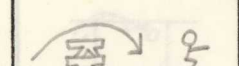
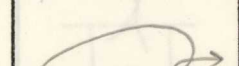


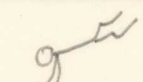
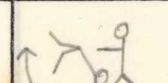

25/3 ① 由於學生體操底子差，頭手倒立也費了不少時間練習，故此手倒立的練習時間不足，掌握手倒立的學生不多。  
 ② 學生雖被老師的提示注意安全，但部份學生仍不太認真。  
 ③ 許多學生由於明天陸運會，故此不上課，所有未上課的學生都記了名字交給老師。

22/4 ① 許多學生都對雙槓甚有興趣，但卻都沒有臂力及胆量，故此要老師諸多催促方能完成動作。  
 ② 由於學生多而只有一座雙槓，故此未能讓全部學生完成全部動作。

30/4 ① 由於天雨關係，沒有場地可以利用，而又需要男同學和女同學都要上課，故此只能兩堂都教授雙槓。  
 ② 全部同學對於雙槓的基本動作都能掌握，但直臂擺動比較難控制自如。

活動分類	動作描述	教學要點	組織	授課統計			
				17/3	25/3	22/4	30/4
	1. 自由跑	放鬆四肢, 空位		✓			
	2. 由坐而立	拉力平衡, 胸要緊壓對方			✓		
	3. 拉背	手臂用力拉前, 腰部要硬朗				✓	✓
暖	4. 摸腳尖	上升要快, 收腹力要強		✓		✓	
身	5. 頸角力	頸盡力升上去, 手大力壓下					
活	6. 抬大木	控制肌肉, 用力適當		✓	✓		
動	7. 捉尾巴	動作要靈敏, 反應要快					
	8. 推車	頭望前, 腰要直, 手要直				✓	✓
(体操)	9. 掌上壓	全身要直, 頭稍望前					✓
	10. 來回跑	注意目標, 俯下摸地			✓		
	11. 跳繩	注意并腳關節, 注意協調			✓		
	12. 拉項馬累	頭盡量仰後, 臀部坐下					

活動分類	動作描述	教學要點	組織	授課統計			
				17/3	25/3	22/4	30/4
	13. 側壓起伏	腰腹要用力, 腳不離地		✓			
	14. 背負踢腿	收腹力強, 肘要扣緊		✓		✓	
	15. 體腰環	放鬆腰部, 幅度要大		✓		✓	
暖身	16. 雙腳後提觸地	盡量壓身體下去, 不要太快		✓			
	17. 臥地快速踢腿	捉緊同伴, 自己快速踢腿		✓			
活動	18. 星跳	盡量高, 放鬆全身關節		✓			
	19. 仰臥起坐	用腰部力量, 要快速		✓			
體操	20. 頸拉手扯	手, 腰, 頸力訓練					✓
	21. 袋鼠行	收縮背肌, 仰頭		✓			✓
	22. 俯撐推起	同時用力, 兩手互握			✓		
	23. V 俯臥	上體后仰, 挺胸, 兩手握髀		✓			
	24. 鬪牛	頸要直而硬, 用力向前推		✓			

活動分類	動作描述	教學要點	組織	授課統計			
				17/3	25/3	27/4	30/4
	1. 魚躍前滾翻			✓		✓	
	(a) 溫習前滾翻			✓		✓	
	(b) 貓跳練習	有騰空, 雙手扶地, 含胸		✓		✓	
技	(c) 遠點作前滾翻	手按遠處		✓		✓	
巧	(d) 加長檯, 躍起作前滾翻	有騰空		✓			
訓	(e) 加高檯或加長躍越距離, 做滾翻	蹬力加大, 向上或前衝, 含胸		✓		✓	
練	(f) 助行數步, 做魚躍前滾翻	無障礙, 騰空久		✓		✓	
	2. 手倒立					✓	
	(a) 頭手倒立溫習			✓	✓		
	(b) 馬踢腳 (次數慢慢增加)	直手, 仰頭			✓		
	(c) 五人一組手倒立踢腿	直手, 仰頭, 大力踢腿 保護者膝頂肩, 扶大腿			✓		
	(d) 五人一組手倒立	直手, 小心保護, 輪着做			✓		



專節：

排球課

教學目的：

活動分類	動作描述	教學要點	組織	授課統計			
				17/3	25/3	22/4	30/4
(1)	前滾翻			✓			
(2)	後滾翻						
(3)	魚躍前滾翻			✓	✓	✓	
分	(4) 頭手倒立			✓	✓		
組	(5) 手倒立				✓	✓	
活	(6) 雙槓掛臂擺動					✓	
動	(7) 雙槓直臂擺動						✓
	(8) 雙槓穿槓上,轉體180°成騎坐						✓
	(1) 收拾用具	注意安全		✓	✓	✓	✓
整	(2) 深呼吸	深、慢			✓		
理	(3) 舒鬆關節					✓	