

2006 年 體育教師暑期學校 教學工作坊

A. 基本資料

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| 課程名稱: (中文) | 中學歷奇為本教育教學班 |
| (英文) | Adventure based education workshop for secondary school teachers |
| 編號: | W7 |
| 日期: | 20, 21, 24, 25/7/06 |
| 時間: | 0930-1730 |
| 地點: (中文) | 香港教育學院-大埔校園及運動中心(白石角) |
| (英文) | HKIED Tai Po Campus & HKIED Sports Centre (Pak Shek Kok) |
| 對象: | 現職中學體育教師 |
| 名額: | 30 |

B. 導師

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| 導師名稱: (中文) | 劉有權 |
| (英文) | Lau Yau Kuen |
| 資歷/ 簡介: (中文) | 中國香港挑戰網陣協會 -評審主委及高級教練 香港歷奇輔導學會 -資歷及協調小組委員 -歷奇輔導培訓顧問 香港大學社會工作及社會行政學系 -客席講師(歷奇為本輔導) |
| : (英文) | Challenge Course Association of HK, China - Assessment Panel Chairman & Senior Instructor Hong Kong Institute Of Adventure Counselling – Training Consultants University of Hong Kong - Guest Lecturer (Adventure Based Counselling) |
| 導師名稱: (中文) | 李濤 |
| (英文) | Lee To |
| 資歷/ 簡介: (中文) | 中國香港挑戰網陣協會-高級教練 中學體育老師及課外活動統籌主任 |
| : (英文) | Challenge Course Association of HK, China - Senior Instructor Extra-curricular Activities Coordinator and PE Teacher in Secondary School |

C. 課程概要

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| 課程大綱 (中文) | <ul style="list-style-type: none"> - 歷奇教育及輔導歷史及發展 - 破冰活動，信任建立，溝通遊戲，個人特破及挑戰活動，解決困難活動和決策及領袖才能培訓 - 歷奇活動的課程設計 |
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| | <ul style="list-style-type: none"> - 帶領歷奇活動安全技巧及預防 - 歷奇匡導的訓練過程的三個基本部份帶領技巧 (briefing, leading & debriefing) - 高中一，二年級職業導向課程(歷奇教育科)的介紹及分享 - 如何把歷奇教育融入中學體育科及課外活動內 |
| (英文) | <p>Course Briefing:</p> <ul style="list-style-type: none"> - Adventure Education/Counselling History & Development - Ice Breaking Game, Trust Building Games, Personal Challenge Games & Leadership Training Games Leading skill - Adventure Based Education Program Design - ABE Micro-processing Skill- Briefing Leading & Debriefing Skills - Briefing of High School COC Adventure Education Subject - How to integrate Adventure Education into Secondary School PE Lesson and Extra-curricular activities. |
| 完成課程後可獲得的資格 (如適用) (中文及英文) | <p>出席及完成整個課程可獲發中國香港挑戰網陣協會-低結構的技術證書。(學員可決定是否申領證書，證書費連行政費為港幣五十元正)</p> <ul style="list-style-type: none"> - Low Event Technical Certificate (Challenge Course Association of HK, China) |
| 學員所需自備之裝束/ 設備 (中文及英文) | <p>輕便體育服裝</p> <p>Sports Suit</p> |

D. 課程大綱及時間表 (中文及英文)

| 日期 | 時間 | 教授主題 |
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| 20/7/06 | 0930-1000 | -課程簡介及協約 Course Briefing & Contracting |
| | 1000-1100 | -互相認識及破冰遊戲帶領技巧 Ice Breaking Games & Leading skills |
| | 1100-1200 | -歷奇匡導的歷史及發展 Introduction to ABE (History & Development) |
| | 1200-1300 | -信任建立遊戲-信心圓圈 Trust Building Games & Leading Skills |
| | | -信任天梯 |
| | 1300-1400 | -午膳 Lunch |
| | 1400-1530 | -自信及互信活動帶領技巧 Inter trust & Intra trust Games Leading skills |
| | 1530-1730 | -啓導遊戲體驗 ABE Initiative Games |
| 21/7/06 | 0930-1000 | -熱身活動 Warm Up Exercises |
| | 1000-1300 | -個人挑戰活動體驗(高空繩網活動) High Event Challenge |
| | 1300-1400 | 午膳 Lunch |
| | 1400-1600 | -低結構網陣活動體驗及如何自行安設簡單低空繩網 Low Event Challenge Activities and Self Installation of Low Event Rope Course. |
| | 1600-1730 | -團隊挑戰考驗(高牆) Team Challenge Games (High Wall) |

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| 24/7/06 | 0930-1000 1000-1100 1100-1300 1300-1400 1400-1530 1530-1730 | <p>-熱身遊戲同樂 Warm Up Games</p> <p>-歷奇教育與體驗學習的比較 The relationship between Adventure Education and Experiential Learning</p> <p>-團隊建立遊戲體驗及帶領技巧 ABE Micro-processing Skill (Briefing, Leading)</p> <p>-午膳 Lunch</p> <p>-歷奇活動的課程設計 Sequencing & Program Design of ABE</p> <p>-溝通活動體驗及帶領技巧 Leading Communication Games Skills</p> |
| 25/7/06 | 0930-1000 1000-1200 1200-1300 1300-1400 1400-1500 1500-1700 1700-1730 | <p>-帶領破冰活動練習 Leading Ice Breaking Practice</p> <p>-解說技巧 Debriefing Skills</p> <p>-帶領歷奇活動安全技巧及預防 ABE Leading Safety Precaution</p> <p>-午膳 Lunch</p> <p>-分享在學校舉辦歷奇活動/訓練的經驗 Experience sharing on organizing adventure activities in schools</p> <p>-高中職業導向課程-“歷奇教育科”的簡介 -如何將歷奇活動在中學體育課程中進行 - Briefing of High School COC Adventure Education Subject Or -How to integrate Adventure Activities into secondary school PE Lesson</p> <p>-總結及檢討 Evaluation & Rounding Up</p> |