

2006 年 體育教師暑期學校 教學工作坊

A. 基本資料

課程名稱: (中文)	小學巧固球教學班
(英文)	Tchoukball workshop for primary school teachers
編號:	W14
日期:	20, 21, 24, 25/7
時間:	0930 – 1730
地點: (中文)	英華書院
(英文)	Ying Wa College
對象:	在職小學體育教師
名額:	40

B. 導師

導師名稱: (中文)	(1) 龐耀榮先生 Mr. PONG, Yiu Wing (2) 黃永業先生 Mr. WONG, Wing Yip Trevor
資歷/ 簡介: (中文)	(1) 香港中文大學體育學士，亞洲巧固球總會教練證書，英華書院體育主任 (2) 香港大學體育學士，亞洲巧固球總會教練證書，元朗商會中學體育主任
: (英文)	(1) Bachelor of Education (CUHK), Coaching Award (TAHKC), Sports Master (Ying Wa College) (2) Bachelor of Education (HKU), Coaching Award (TAHKC), PE panel head (YLMSS)

C. 課程概要

課程大綱 (中文)	本課程旨在裝備現職小學體育老師於體育課中教巧固球或於課後活動中介紹。
(英文)	This course aims at introducing Tchoukball to primary school PE teachers so that they can promote this new game at PE lessons or ECA.
完成課程後可獲得的資格 (如適用) (中文及英文)	(i) 總會發初級教練證書 TAHKC will issue the Elementary Coaching Award (ii) 教練註冊費用(\$50.) Coach Registration fees \$50.
學員所需自備之裝束/ 設備 (中文及英文)	(輕便體育服裝) Casual sportswear

D. 課程大綱及時間表 (中文及英文)

日期	時間	授課主題	場地
20/7/06	9:30am-9:45am	報到 Registration	課室 Classroom
	9:45am -11:30am	課程簡介、巧固球簡介及運動史、國際動態 course outline, history , introduction and international development of Tchoukball	課室 Classroom
	11:30am – 1:00pm	巧固球傳接球示範、教學 Catch and throw (demonstration and teaching)	戶外球場 Open Court
	1:00pm – 2:00pm	午膳時間 Lunch	
	2:30pm- 3:30 pm	巧固球規則研讀 Tchoukball rules	課室 Classroom
	3:30pm – 5:30pm	巧固球傳接球，巧固球單網比賽及簡易規則 Catch and Throw, one-net game, simple rules	戶外球場 Open Court
21/7/06	9:30am -10:30 am	射網練習 Shooting Practice	戶外球場 Open Court
	10:30am-11:30 am	防守訓練 Defence Training	戶外球場 Open Court
	11:30am-1:15pm	推動和組隊須知、熱身操 Tchoukball promotion and team formation, warm up exercise	課室 Classroom
	1:15pm –2:30pm	午膳時間 Lunch	
	2:30pm –3:30pm	巧固球世界盃影帶欣賞，巧固球運動規則討論 video learning (World Cup and rules discussion)	課室 Classroom
	3:30pm – 5:30pm	7人制雙網比賽 7-players Two-net competition 試教 Peer Teaching	戶外球場 Open Court
24/7/06	9:30am- 9:45am	射網、防守訓練 Shooting and Defence training	戶外球場 Open Court
	9:45am -1:00pm	巧固球教育精神，巧固球世界盃影帶欣賞 Philosophy of Tchoukball, video learning	課室 Classroom
	1:00pm –2:30pm	午膳時間 Lunch	
	2:30 pm – 4:00pm	團隊建立，運動心理 Team building, Sport psychology	課室 Classroom
	4:00pm- 5:30pm	試教 Peer Teaching 7人制雙網比賽 7-players Two-net competition	戶外球場 Open Court
25/7/06	9:30am -10:30 am	攻擊和防守練習法 Attack and Defence Training	戶外球場 Open Court
	10:30am-11:30 am	隊形訓練 Team formation Training	戶外球場 Open Court
	11:30am-1:15pm	籌備巧固球比賽 Preparation of Tchoukball match	課室 Classroom
	1:15pm –2:30pm	午膳時間 Lunch	
	2:30pm –3:30pm	巧固球運動規則討論，巧固球常識測驗 Rules discussion, Quiz	課室 Classroom
	3:30pm –5:15pm	試教 Peer Teaching	戶外球場 Open Court
	5:15pm -5:30pm	經驗回饋和交流，頒授證書，合照 Sharing, Certification presentation, photo taking	課室 Classroom

教學活動提議：班際比賽，友誼賽，師生賽

參考網址：www.tchoukball.org
www.tchoukball.org.tw