

# 體育教師暑期學校 2007 年

## 教學工作坊

### 課程資料

#### A. 基本資料

課程名稱: (中文)	「迷你二人排球」教學班 I
(英文)	Teaching “Volleyball for Two” for Teachers I
編號:	PS12
日期:	19, 20/7
時間:	0930 – 1730
地點: (中文)	協恩中學 九龍九龍城農圃道一號
(英文)	Heep Yunn School 1 Farm Road, Kowloon City
對象:	在職中小學體育教師
名額:	30

#### B. 導師

導師名稱: (中文)	林鎮國先生
(英文)	Lam Chun Kwok
資歷/ 簡介: (中文)	國際排球教練、國際沙灘排球裁判、協恩中學老師
: (英文)	International Volleyball Coach (level II)、Beach Volleyball International Referee、Teacher of Heep Yunn School

#### C. 課程概要

課程大綱 (中文)	本課程旨在向各中小學體育老師推介簡易二人排球概念，從而提高學生對排球運動之興趣及技術水平。
(英文)	This training workshop aims at stimulating students' interest and standard in volleyball through introducing and promoting the concepts of Volleyball for Two to Primary and Secondary school teachers.
學員所需自備之裝束/ 設備 (中文及英文)	輕便運動服裝、太陽眼鏡(如有需要)、太陽油、飲品 Examples: rackets, light sportswear, sunglasses (if necessary), sunscreen lotion, drinks, etc.

#### D. 課程大綱及時間表

日期	時間	地點	教授主題
19/7/07	0930-1730	協恩中學	課程簡介 Course Introduction 遊戲模式同有關場地設施 Activity and facilities required 球感活動實習 Getting to know the ball 小學低年級遊戲訓練 Training activities for junior primary school students 小學高年班遊戲訓練 Training activities for senior primary school students 如何從遊戲轉化成比賽訓練模式 How to modify training on activities to training on competitions
20/7/07	0930-1730		初中排球遊戲及比賽 Volleyball activities and competitions for junior secondary school students 如何從二人排球中訓練校隊 How to train the school team through Volleyball for Two

#### E. 參考資料：

##### 教學活動提議：

透過訓練班推廣二人排球，如何更有效益地使用學校場地，因地制宜的使用有限地方作訓練及推廣之用。

##### Suggested education activities:

Promote Volleyball for Two through the training course and make better use of the school facilities so as to train and promote volleyball for two even within limited space