

臺北市立木柵國民中學 108 學年度第 2 學期 8 年級 健康 課教學進度表

週次	月份	星 期							預定教學進度			備註
		日	一	二	三	四	五	六	內 容	上課方式	評量	
1	二月	23	24	25	26	27	28	29	1. 認識自然受孕、人工受孕或試管嬰兒的過程。 2. 能知道懷孕的症狀、身體與心裡產生的變化。 3. 了解胎兒在母體內的生長情形。 1. Know the process of natural conception, artificial conception or IVF. 2. Know the symptoms of pregnancy, changes in body and mind. 3. Understand the growth of the fetus in the mother.		1. Participation in class 2. Daily observation 3. Group discussion 4. Paper test 5. Practical evaluation	*2/25 開學日 *2/28 和平紀念日放假
		三月 1	2	3	4	5	6	7	1. 了解胎兒在母體內的生長情形。 2. 認識不同生產方法的優點與缺點。 3. 學習體會孕婦與照顧新生兒的辛苦與不便，明白當父母的辛苦與責任。 4. 能知道優生保健的工作內容，以預防新生兒先天性異常的發生。 1. Understand the growth of the fetus. 2. Manage the advantages and disadvantages of different way production. 3. To Learn and appreciate the way of caring of pregnant women and newborns baby, and understand the responsibilities of being a parent. 4. Be able to know the			*3/3-4 九年級第三次複習考

								content of the work of method to prevent the congenital abnormalities in newborns.			
3		8	9	10	11	12	13	14	<p>1. 能知道人生可能經歷的階段及主要的發展任務。</p> <p>2. 能了解每個人的成長經驗、健康狀態不同且珍貴，學習尊重他人的生命經驗。</p> <p>1. Know the stages of life and the main development tasks.</p> <p>2. Able to understand the growth experience of each person, their health status is different and precious, and learn to respect the life experience of others.</p>		
4		15	16	17	18	19	20	21	<p>1. 能知道人生可能經歷的階段及主要的發展任務。</p> <p>2. 能了解每個人的成長經驗、健康狀態不同且珍貴，學習尊重他人的生命經驗。</p> <p>1. Know the stages of life and the main development tasks.</p> <p>2. Able to understand the growth experience of each person, their health status is different and precious, and learn to respect the life experience of others.</p>		

5		22	23	24	25	26	27	28	1. 能知道影響身體健康狀態的可能因素。 2. 認識面對死亡或失落事件發生時，在世者的心路歷程及心理調適。 1. Know the possible factors that affect your health. 2. Able to understand mental process and psychological adjustment of the emotion when facing death or loss.		
6		29	30	31	四月 1	2	3	4	1. 知道慢性病是國人主要的死亡原因，並了解其中的影響因素。 1. Know that chronic diseases are the main cause of death in Chinese, and understand the influencing factors.		* 4/2 補假一日 * 4/3 放假一日 * 4/4 民族掃墓節
7	四月	5	6	7	8	9	10	11	1. 認識臺灣第一大死因——癌症，並了解不同癌症的致癌因素及預防方法。 1. Know the Taiwan's main course of death is called cancer, and understand the difference factors and prevention methods to the cancers.		* 4/7-8 七八年級第一次段考
8		12	13	14	15	16	17	18	1. 認識心血管疾病之高血壓、冠心病、腦中風的成因及預防方法。 2. 能夠關心家人與自己的健康狀態。 1. Know the reasons and prevention of High Blood Pressure, Cardio-disease and stroke. 2. Ability to care about your family and your		* 4/13 九年級藝能科考試 * 4/16-17 九年級段考 * 4/17 八年級校外教學

								health.			
9		19	20	21	22	23	24	25	1. 認識腎臟病及其病變的因素、前兆，並學習注意自己的身體變化。 2. 認識常見糖尿病的種類及預防方法。 1. Know the factors and precursors of kidney disease and its changes. 2. Know the types of common diabetes and prevention methods.		
10		26	27	28	29	30	五月 1	2	1. 能夠關心家人與自己的健康狀態。 2. 學習面對病患的技巧與安慰病患的方式。 1. Ability to care about your family and your health. 2. Learn the skills and comfort of the patient.		*4/27 七年級校外教學 *4/28-29 九年級第四次複習考

1 1 1	五月	3	4	5	6	7	8	9	1. 建立正確的休閒觀念，了解休閒對生活的重要性。 2. 認識各類休閒活動，從事適合自己能力及興趣的休閒活動。 3. 選擇適切的休閒資訊、裝備與場所，以實踐健康的休閒生活。 4. 規畫及參與個人、家庭的休閒活動。 1. Establish the right concept of leisure and understand the importance of leisure to life. 2. Know all kinds of leisure activities and engage in leisure activities that suit your abilities and interests. 3. Choose appropriate leisure information, equipment and places to practice healthy leisure life. 4. Plan and participate in personal and family leisure activities.			
		10	11	12	13	14	15	16	1. 建立正確的急救觀念，並認識簡單的原則及急救方法。 1. Establish the correct concept of first aid, and know the simple principles and first aid methods.			*5/16-17 九年級會考
		17	18	19	20	21	22	23	1. 學會各種急救方式。 2. 靈活運用不同的急救法於不同情境之中。 1. Learn various first aid methods. 2. Know the different way of using first aid.			

1 4		24	25	26	27	28	29	30	1. 學會各種急救方式。 2. 靈活運用不同的急救法於不同情境之中 1. Learn various first aid methods. 2. Flexible use of different first aid methods in different situations			* 5/26-27 七八年級第二次段考
1 5		31	六月 1	2	3	4	5	6	1. 建立正確的水上安全觀念。 2. 了解心肺復甦術的原則概念及步驟。 3. 學會正確的心肺復甦術實施過程，並能使用於正確的情境之下。 1. Establish the correct concept of water safety. 2. Understand the principles, concepts and procedures of CPR. 3. Learn the correct implementation process of CPR and use it in the correct context			
1 6	六月	7	8	9	10	11	12	13	1. 了解心肺復甦術的原則概念及步驟。 2. 學會正確的心肺復甦術實施過程，並能使用於正確的情境之下。 1. Understand the principles, concepts and procedures of CPR. 2. Learn the correct implementation process of CPR and use it in the right context.			*6/12 八年級直笛成果發表會(第6節)

1 7		14	15	16	17	18	19	20	1. 了解健康社區的要素。 2. 檢視自己所屬社區現況並評估社區環境潛在問題。 1. Understand the elements of a healthy community. 2. Review the current situation of the community to which they belong and assess potential environmental problems in the community.			*6/16 畢業典禮 * 6/20 補上上課(補6/26 星期五課程)
		21	22	23	24	25	26	27	1. 學習以實際行動促進社區環境健康。 2. 擬定小組的社區改善計畫。 1. Understand the elements of a healthy community. 2. Review the current situation of the community to which they belong and assess potential environmental problems in the community.			*6/22 七八年級藝能科考試(第1節) *6/25 端午節放假 *6/26 端午節調整放假
		28	29	30	七月1	2	3	4	1. 認識社區安全相關法律規定。 2. 針對社區環境環境問題提出維護與改善的計畫。 1. Know the laws and regulations related to community safety. 2. Propose maintenance and improvement plans for community environmental issues.			
2 0	七月	5	6	7	8	9	10	11	Final Exam			* 7/9-10 七八年級第三次段考

21		12	13	14	15	16	17	18	Final Exam			* 7/14 休業式 * 7/15 暑假開始
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