

臺北市立木柵國民中學113學年度第2學期 9 年級 Health Education 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	
<b>1</b>	二月	9	10	11	12	13	14	15	<b>Introduction of Health Education</b> 課程介紹	*2/11開學(正式上課)日 *2/11-14 113-1學科補考
<b>2</b>		16	17	18	19	20	21	22	九年級第三次複習考	*2/17 113-1學科補考 *2/19-20九年級第三次複習考 *2/21學校日
<b>3</b>		23	24	25	26	27	28	3月1	<b>Topic: To understand the importance of pressure</b> 壓力的影響	*2/28和平紀念日放假 *2/24全校第8節課、九年級夜自習、精實班開始
<b>4</b>	三月	2	3	4	5	6	7	8	<b>Topic: Mental health: depression</b> 抑鬱症	
<b>5</b>		9	10	11	12	13	14	15	<b>Topic: Control emotional</b> 控制情緒	
<b>6</b>		16	17	18	19	20	21	22	<b>Topic: Control emotional</b> <b>Chinese Medicine- Tongue diagnosis</b> 中醫舌頭診斷理論	
<b>7</b>		23	24	25	26	27	28	29	<b>Topic: Control emotional</b> <b>Chinese Medicine- Tongue Practice</b> 中醫舌頭診斷練習	*3/26-27七八年級第一次段考(七八年級第8節暫停)
<b>8</b>		30	31	4月1	2	3	4	5	Holiday	*4/3調整放假 *4/4兒童節及清明節放假
<b>9</b>	四月	6	7	8	9	10	11	12	九年級段考	*4/8-9九年級段考 (九年級第8節暫停)
<b>10</b>		13	14	15	16	17	18	19	九年級第四次複習考	*4/14七年級校外教學 *4/17-18九年級第四次複習考
<b>11</b>		20	21	22	23	24	25	26	<b>Topic: Green Action: Micro-Plastic SDGs</b> 目標14 永續海洋與保育	
<b>12</b>		27	28	29	30	五月1	2	3	<b>Topic: Safe energy around you SDGs</b> 目標 7 可負擔的潔淨能源	
<b>13</b>	五月	4	5	6	7	8	9	10	Individual - Make the Video	
<b>14</b>		11	12	13	14	15	16	17	Individual - Make the Video	*5/13-14七八年級第二次段考(七八年級第8節暫停) *5/15九年級第8節課、夜自習結束。 *5/17-18教育會考
<b>15</b>		18	19	20	21	22	23	24	Individual - Make the Video	
<b>16</b>		25	26	27	28	29	30	31	端午節	*5/29八年級校外教學 *5/30端午節補假 *5/31端午節
<b>17</b>	六月	六月1	2	3	4	5	6	7	Individual - Make the Video	
<b>18</b>		8	9	10	11	12	13	14	畢業典禮	*6/10畢業典禮

1. 上課方式：雙語教學、學習單、自主學習

2. 評量方法（附上Task1, 2. 3 and 4）

Task	Name	Due Date	Score		Out of
1	Worksheet Checking (WS 1-WS 4)			20	60%
2	Worksheet Checking (WS 5-WS8 )			20	
3	Formative Assessment 上課參與度			20	
4	Individual - Make the Video			40	40%
Final result 期末總成績				100	100%

WS	Health Education Contents	Useful Expression	Chinese 中文	OK
1	Introduction of Health Education 課程介紹	Nice to see you		
2	Topic: To understand the importance of pressure 壓力的影響	A little bit of pressure does you good?		
3	Topic: Mental health: depression 抑鬱症	Be right back		
4	Topic: Control emotional 控制情緒	Emotional control		
5	Topic: Control emotional Chinese Medicine- Tongue diagnosis 中醫舌頭診斷理論	Show me your tongue		
6	Topic: Control emotional Chinese Medicine- Tongue Practice 中醫舌頭診斷練習	Hold your tongue		
7	Topic: Green Action: Micro-Plastic SDGs 目標14 永續海洋與保育	Being eco-friendly		
8	Topic: Safe energy around you SDGs 目標 7 可負擔的潔淨能源	No energy left		



## Task 1: Summative Assessment Rubric

### Worksheet Checking (WS 1-WS 4) 學習單1-4

評量項目 (Assessment Criteria)	優秀 (Excellent + 4)	良好 (Good + 3)	進步中 (Improving + 2)	初步嘗試 (Beginning + 1)
報告的完整性 (Report Completeness)	完整涵蓋所有主題，結構清晰 (Thoroughly covers all topics, clear structure)	涵蓋大部分主題，結構合理 (Covers most topics, reasonable structure)	僅涵蓋部分主題，結構有些混亂 (Covers only some topics, structure is somewhat disorganised)	內容不足，結構不清晰 (Insufficient content, unclear structure)
報告的深度 (Report Depth)	深入分析問題並提出創新見解 (In-depth analysis with innovative insights)	分析良好，提出有效建議 (Good analysis with practical suggestions)	分析有限，建議缺乏實際性 (Limited analysis, suggestions lack practicality)	分析不足，未提出有效建議 (Insufficient analysis, lacks effective suggestions)
學習單的準確性 (Worksheet Accuracy)	所有答案正確，顯示出對內容的深刻理解 (All answers are correct, demonstrating deep understanding)	大部分答案正確，顯示出良好的理解 (Most answers are correct, showing good understanding)	部分答案錯誤，顯示出理解有限 (Some answers are incorrect, showing limited understanding)	多數答案錯誤，顯示出理解不足 (Most answers are incorrect, showing insufficient understanding)
學習單的完成度 (Worksheet Completeness)	完全完成，回答詳實 (Fully completed with detailed responses)	大部分完成，回答合理 (Mostly completed with reasonable responses)	部分完成，回答簡略或不完整 (Partially completed with brief or incomplete responses)	未完成或回答不足 (Incomplete or insufficient responses)

## Task 2: Individual Work- Make the Video (個人製作英語健康宣導影片)

Topic 主題：

Due Date 繳交日期：

Make the Video 製作影片			
*****ORAL All in English (台詞是全英文) *****			
Grading (Point)	10分	5分	1分
劇本 Context	內容正確 Content is correct	部分有錯 Partly wrong	完全錯誤 Totally wrong
表情 Expression	生動表情 Vivid expression	部分生動表情 Part of vivid expression	表情不夠生動 The expression is not vivid enough
動作 Movements	動作豐富 Action rich	部分動作豐富 Part of the action is rich	動作不夠豐富 Action is not rich enough
音量 Volume	音量清楚 The volume is clear	部分音量清楚 Partially clear	音量不夠清楚 The volume is not clear enough
流暢 Fluency and accuracy	非常流暢 Very smooth	部分非常流暢 Part is very smooth	非常不流暢 Very choppy
字幕 Subtitle	中文/英文字幕 Chinese/ English	只有一個中文/英文字幕 Chinese or English	無 none
資料來源 Range of Reference	清楚 clear	不清楚 Not clear	無 none
時間 Time	2:00-1:30 mins (分鐘)	1-30-1:00 mins (分鐘)	無 none
個人資料 Personal detail	Class/ Number/ Chinese Name/English Name (你的班級、你的號碼、你的中文名、你的英文名字)	Please provide only one personal detail. 只一個個人資料	無 none
準時繳交	準時繳交 In time	申請延期 Apply for defer	無 none
Grade 分數	Grade: _____		

## Task 3: Rubric (Formative Assessment Rubric)

### 形成性評量

- 觀察與檢查:觀察小組討論的參與度與互動情況
- 檢查討論紀錄與配對結果

評量項目 (Assessment Criteria)	優秀 (Excellent + 4)	良好 (Good + 3)	進步中 (Improving + 2)	初步嘗試 (Beginning + 1)
參與度 (Participation)	積極參與，經常提出建設性意見 (Actively participates, regularly offering constructive ideas)	參與討論，並提出具價值的想法 (Engages in discussions, offering valuable ideas)	參與討論並開始分享想法 (Participates in discussions and starts sharing ideas)	開始參與並嘗試分享意見 (Begins to participate and attempts to share ideas)
討論內容的深度 (Depth of Discussion)	展現對主題的深入理解，提供獨到見解 (Demonstrates deep understanding of the topic with unique insights)	表達清晰且具體的見解 (Expresses clear and specific insights)	開始展現對主題的理解 (Shows emerging understanding of the topic)	開始探索主題並表達初步想法 (Begins to explore the topic and express initial thoughts)
活動結果的準確性 (Accuracy of Task/Activity Results)	結果完全正確且解釋詳盡 (Results are fully accurate with detailed explanations)	結果多數正確且解釋合理 (Most results are accurate with reasonable explanations)	結果漸趨準確，解釋初步成形 (Results are becoming accurate with emerging explanations)	結果有初步正確，解釋有待加強 (Some results are correct with room for explanation improvement)

## Task 4: Summative Assessment Rubric

### Worksheet Checking (WS5 - WS8) 學習單5-8

評量項目 (Assessment Criteria)	優秀 (Excellent + 4)	良好 (Good + 3)	進步中 (Improving + 2)	初步嘗試 (Beginning + 1)
報告的完整性 (Report Completeness)	完整涵蓋所有主題，結構清晰 (Thoroughly covers all topics, clear structure)	涵蓋大部分主題，結構合理 (Covers most topics, reasonable structure)	僅涵蓋部分主題，結構有些混亂 (Covers only some topics, structure is somewhat disorganised)	內容不足，結構不清晰 (Insufficient content, unclear structure)
報告的深度 (Report Depth)	深入分析問題並提出創新見解 (In-depth analysis with innovative insights)	分析良好，提出有效建議 (Good analysis with practical suggestions)	分析有限，建議缺乏實際性 (Limited analysis, suggestions lack practicality)	分析不足，未提出有效建議 (Insufficient analysis, lacks effective suggestions)
學習單的準確性 (Worksheet Accuracy)	所有答案正確，顯示出對內容的深刻理解 (All answers are correct, demonstrating deep understanding)	大部分答案正確，顯示出良好的理解 (Most answers are correct, showing good understanding)	部分答案錯誤，顯示出理解有限 (Some answers are incorrect, showing limited understanding)	多數答案錯誤，顯示出理解不足 (Most answers are incorrect, showing insufficient understanding)
學習單的完成度 (Worksheet Completeness)	完全完成，回答詳實 (Fully completed with detailed responses)	大部分完成，回答合理 (Mostly completed with reasonable responses)	部分完成，回答簡略或不完整 (Partially completed with brief or incomplete responses)	未完成或回答不足 (Incomplete or insufficient responses)