

臺北市立木柵國民中學113學年度第2學期Year 8 Health Education 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		
1	二月	9	10	11	12	13	14	15	Introduction of Health Education 課程介紹	*2/11開學(正式上課)日 *2/11-14 113-1學科補考	
2		16	17	18	19	20	21	22	Wonderful life Topic: Natural conception 自然受孕	*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	
3		23	24	25	26	27	28	3月1	和平紀念日放假	*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	
4	三月	2	3	4	5	6	7	8	Wonderful life Topic:Artificial conception 人工受孕		
5		9	10	11	12	13	14	15	Wonderful life Topic: Pregnant Woman 孕婦		
6		16	17	18	19	20	21	22	Group Making Slides + Oral Presentation (分組簡報+報告)		
7		23	24	25	26	27	28	29	第一次段考	*3/26-27七八年級第一次段考(七八年級第8節暫停)	
8		30	31	4月1	2	3	4	5	兒童節及清明節放假	*4/3調整放假 *4/4兒童節及清明節放假	
9	四月	6	7	8	9	10	11	12	To know the chronic disease Part I Topic: Cancer 癌症	*4/8-9九年級段考(九年級第8節暫停)	
10		13	14	15	16	17	18	19	To know the chronic disease Part II High Blood Pressure 高血壓	*4/14七年級校外教學 *4/17-18九年級第四次複習考	
11		20	21	22	23	24	25	26	To know the chronic disease Part III Topic: Heart Attack 心臟病		
12		27	28	29	30	五月1	2	3	To know the chronic disease PartI IV Topic: Stroke 中風		
13	五月	4	5	6	7	8	9	10	To know the chronic disease Part V Topic: Diabetes 糖尿病		
14		11	12	13	14	15	16	17	第二次段考	*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	
15		18	19	20	21	22	23	24	To know the chronic disease Part VI Topic: Hepatitis 肝炎		
16		25	26	27	28	29	30	31	八年級校外教學	*5/29八年級校外教學 *5/30端午節補假 *5/31端午節	
17	六月	六月1	2	3	4	5	6	7	Group Making Slides + Oral Presentation (分組簡報+報告)		
18		8	9	10	11	12	13	14	Topic: How to do CPR 心肺復甦術	*6/10畢業典禮	
19		15	16	17	18	19	20	21	Topic: How to do AED 自動體外心臟電擊去顫器	*6/20七八年級第8節結束	
20		22	23	24	25	26	27	28	七八年級第三次段考	*6/26-27七八年級第三次段考	
21		29	30						6/30休業式	*6/30休業式	

臺北市立木柵國民中學113學年度第2學期Year 8 Health Education 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		
1	二月	9	10	11	12	13	14	15	Introduction of Health Education 課程介紹	*2/11開學(正式上課)日 *2/11-14 113-1學科補考	
2		16	17	18	19	20	21	22	Wonderful life Topic: Natural conception 自然受孕	*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	
3		23	24	25	26	27	28	3月1	和平紀念日放假	*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	
4	三月	2	3	4	5	6	7	8	Wonderful life Topic:Artificial conception 人工受孕		
5		9	10	11	12	13	14	15	Wonderful life Topic: Pregnant Woman 孕婦		
6		16	17	18	19	20	21	22	Group Making Slides + Oral Presentation (分組簡報+報告)		
7		23	24	25	26	27	28	29	第一次段考	*3/26-27七八年級第一次段考(七八年級第8節暫停)	
8		30	31	4月1	2	3	4	5	兒童節及清明節放假	*4/3調整放假 *4/4兒童節及清明節放假	
9	四月	6	7	8	9	10	11	12	To know the chronic disease Part I Topic: Cancer 癌症	*4/8-9九年級段考(九年級第8節暫停)	
10		13	14	15	16	17	18	19	To know the chronic disease Part II High Blood Pressure 高血壓	*4/14七年級校外教學 *4/17-18九年級第四次複習考	
11		20	21	22	23	24	25	26	To know the chronic disease Part III Topic: Heart Attack 心臟病		
12		27	28	29	30	五月1	2	3	To know the chronic disease PartI IV Topic: Stroke 中風		
13	五月	4	5	6	7	8	9	10	To know the chronic disease Part V Topic: Diabetes 糖尿病		
14		11	12	13	14	15	16	17	第二次段考	*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	
15		18	19	20	21	22	23	24	To know the chronic disease Part VI Topic: Hepatitis 肝炎		
16		25	26	27	28	29	30	31	八年級校外教學	*5/29八年級校外教學 *5/30端午節補假 *5/31端午節	
17	六月	六月1	2	3	4	5	6	7	Group Making Slides + Oral Presentation (分組簡報+報告)		
18		8	9	10	11	12	13	14	Topic: How to do CPR 心肺復甦術	*6/10畢業典禮	
19		15	16	17	18	19	20	21	Topic: How to do AED 自動體外心臟電擊去顫器	*6/20七八年級第8節結束	
20		22	23	24	25	26	27	28	七八年級第三次段考	*6/26-27七八年級第三次段考	
21		29	30						6/30休業式	*6/30休業式	

- 上課方式:雙語教學、學習單、自主學習
- 評量方法(附上Task1, 2, 3 and 4)

Task	Name	Due	Score		Out of
1	Worksheet Checking (WS 1-WS 4)			20	60%
2	Group Making Slides + Oral Presentation (分組簡報 + 報告)			20	
3	Worksheet Checking (WS 5-WS 11)			20	
4	Individual Test- CPR + AED Practice (個人考試)			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*	Wonderful life Topic: Natural conception 自然受孕	A bun in the oven		
3*	Wonderful life Topic: Artificial conception 人工受孕	Eating For Two		
4*	Wonderful life Topic: Pregnant Woman 孕婦	In the family way		
5*	To know the chronic disease Part I Topic: Cancer 癌症	Don't give up		
6*	To know the chronic disease Part II High Blood Pressure 高血壓	A stroke of luck		
7*	To know the chronic disease Part III Topic: Heart Attack 心臟病	Follow Your Heart		
8*	To know the chronic disease PartI IV Topic: Stroke 中風	I got heat stroke		
9*	To know the chronic disease Part V Topic: Diabetes 糖尿病	A spoonful of sugar		
10*	To know the chronic disease Part VI Topic: Hepatitis 肝炎	Be chopped liver		
11*	Topic: How to do CPR 心肺復甦術	Change of Heart		
12*	Topic: How to do AED 自動體外心臟電擊去顫器	I NEED A PHYSICAL		

*打星星的可以當(Topic)主題

Teacher Sally email: sallychen1217@mcjhs.tp.edu.tw

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-Part I: Group Making Slides

(製作簡報多元評量)

Class 班級：

Name 姓名：

Group 分組：

Title 主題：

Due Date 繳交日期：

	Student 1	Student 2	Student 3	Student 4	Student 5	Student 6
姓名 Name						
號碼 Number						
工作內容 Work Task						

Slide Includes 簡報必須包含以下幾點

- ☐ Slide 1: Cover/Title Slide 封面
- ☐ Slide 2: Introduction 介紹
- ☐ Slide 3: Body 1 內容 一 What....
- ☐ Slide 4: Body 2 內容 二 When...
- ☐ Slide 5: Body 3 內容 三 Where...
- ☐ Slide 6: Body 4 內容 四 Why...
- ☐ Slide 7: Conclusion Slide 結論 How...
- ☐ Slide 8: 2 Quizzes 2個問題問同學

☐ **Eight Slide only** 八個簡報頁面

Task 2-Part II: Oral Presentation Rubric

(上台報告多元評量)

Class 班級：

Name 姓名：

Group 分組：

Title 主題：

Due Date 繳交日期：

	Student 1	Student 2	Student 3	Student 4	Student 5	Student 6
姓名 Name						
號碼 Number						
工作內容 Work Task						

評分標準 (Criteria)	4 Amazing!	3 Well done!	2 Getting there!	1 Not there yet!
顯示 (Display)	顯示有條理且有創意， 插圖和圖片高質量 (Well-organized and creatively decorated with high-quality images and illustrations)	顯示有條理，有一些插 圖或圖片 (Organized with some illustrations or images)	顯示有點亂，句子 不完整或不清楚 (Cluttered, sentences incomplete or unclear)	顯示很亂，缺少重 要信息 (Cluttered and missing required information)
組織 (Organization)	內容按順序，有趣且易 懂 (Facts are in order, interesting and easy to follow)	內容按順序，觀眾能理 解 (Facts in order, audience can understand)	內容有點順序 (Some facts in order)	內容亂，觀眾不懂 (Information out of order, unclear for audience)
眼神交流 (Eye Contact)	一直保持眼神交流 (Maintains eye contact throughout)	大部分時間有眼神交流 (Most of the time with eye contact)	偶爾有眼神交流 (1-2 times eye contact)	沒有眼神交流 (No eye contact)
聲音 (Voice)	聲音清楚有吸引力，自 信表達 (Clear and engaging, confident expression)	聲音響亮清晰，觀眾能 聽懂 (Clear and loud, audience can hear and understand)	嘗試提高聲音但有 時較小 (Tries to speak louder but sometimes quiet)	聲音含糊小聲，觀 眾聽不清 (Mumbled and quiet, hard to understand)
時長 (Duration)	1.30-2.00 mins	1.00-1.30 mins	0.30-1.00 mins	0-0.30 mins
Grade 分數	Grade: _____			

Task 3: Summative Assessment Rubric

Worksheet Checking (WS5 - WS12) 學習單5-12

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 4: CPR Chest Compression Skill Personal Assessment Rubric

CPR 按壓技能個人考試評量表

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)
1	按壓姿勢 Posture	雙手交疊，手掌根部正確放置於胸部中央，手臂打直，身體重心正確。 Hands are correctly placed, arms are straight, and body weight is properly positioned over the chest.	手掌根部位置正確，但手臂偶有彎曲，重心稍有偏移。 Correct hand placement but occasional bent arms or slightly off-center body weight.	手掌根部位置不穩，手臂多次彎曲，重心不夠穩定。 Inconsistent hand placement with frequent bent arms and unstable posture.	手掌根部位置錯誤，手臂彎曲，身體姿勢不正確。 Incorrect hand placement, bent arms, and improper posture.
2	按壓深度 Depth	按壓深度維持在 5-6 公分，每次按壓穩定且符合標準。 Maintains a depth of 5-6 cm with consistent and accurate compressions.	按壓深度大致正確，偶有過淺或過深的情況。 Compression depth is mostly correct with occasional shallow or deep presses.	按壓深度不一致，多次過淺或過深。 Inconsistent compression depth with multiple shallow or deep presses.	按壓深度過淺或過深，無法維持標準深度。 Compression depth is too shallow or too deep, failing to meet the standard.
3	按壓頻率 Rate	每分鐘按壓 100-120 次，節奏穩定，不過快或過慢。 Maintains a rate of 100-120 compressions per minute with steady rhythm.	按壓頻率大致正確，但偶有節奏不穩或偏快偏慢。 Compression rate is mostly accurate with occasional irregular rhythm.	按壓頻率不穩，時快時慢，需多次提醒。 Compression rate is inconsistent, with frequent fluctuations in speed.	按壓頻率明顯不符標準，影響急救效果。 Compression rate is significantly off, affecting the effectiveness of CPR.
4	按壓節奏 Rhythm	按壓與放鬆時間相等，手掌不離開胸部，節奏流暢。 Compression and release times are equal, hands stay on the chest, and rhythm is smooth.	按壓節奏大致正確，但偶有不連貫或手掌離開胸部。 Rhythm is mostly accurate but occasionally interrupted or with hands lifting off the chest.	按壓節奏不連貫，多次失誤或手掌過度抬起。 Rhythm is inconsistent with frequent errors or hands lifting too much.	按壓節奏混亂，手掌頻繁離開胸部。 Rhythm is chaotic, with hands frequently lifting off the chest.
5	操作流程掌握 Process Execution	清楚完成「檢查環境安全、評估反應、呼救、按壓」的急救流程。 Clearly completes the CPR process, including checking the scene, assessing response, calling for help, and chest compressions.	基本完成急救流程，但順序或細節偶有錯誤。 Completes most of the CPR process but with occasional errors in sequence or details.	部分完成流程，但缺少重要步驟或指令不清。 Completes part of the process but misses key steps or gives unclear instructions.	急救流程錯誤，多處遺漏重要步驟或指令。 CPR process is incorrect with multiple missing steps or unclear instructions.

- 總分 **Total Score**: 滿分 20 分，通過標準為 16 分以上。 Full score is 20 points, with a passing score of 16 points or above.
- 加分項目 **Bonus Criteria**: 若學生能使用英語指令進行 CPR 操作，可額外加 1-2 分。 An additional 1-2 points can be awarded if the student uses English instructions during the CPR process. 例如：清楚說出 "Call for help!"、"Check for breathing!"、"Start chest compressions!" 等指令。 For example: clearly saying "Call for help!", "Check for breathing!", or "Start chest compressions!"