

臺北市立木柵國民中學112學年度第1學期九年級 健康教育 課教學進度表

週次	月份	星 期							預定教學進度	
		日	一	二	三	四	五	六	內 容	備註
1	九月	27	28	29	30	31	九月 1	2	Introduce: You Must Know Topic: 課程介紹	*8/30註冊、開學，下午 正式上課
2		3	4	5	6	7	8	9	Introduce: You Must Know Topic: 課程介紹	*9/5-6九年級複習考1
3		10	11	12	13	14	15	16	Chapter 1-1: Healthy Lifestyle Ahead Topic: Love your body shape 懂得欣賞自己的身材	*9/11八九年級輔導課、勵學班、攜手課程、九年級夜自習開始 *9/15學校日
4		17	18	19	20	21	22	23	Chapter 1-1: Healthy Lifestyle Ahead Topic: Your Body Mass Index, BMI 認識你的體重指數	*9/23 補班補課 (補10/9星期一課程)
5		24	25	26	27	28	29	30	Chapter 1-2: Healthy Lifestyle Ahead Topic :Take Control of Your Weight and Disease Obesity 控制體重和疾病性肥胖	*9/29中秋節放假
6	十月	十月 1	2	3	4	5	6	7	Task 1: Worksheet Checking (WS1-WS4) 學習單 1-4	
7		8	9	10	12	12	13	14	第一次段考	*10/9~10國慶日放假 *10/12-13第一次段考
8		15	16	17	18	19	20	21	Chapter 1-3: Healthy Lifestyle Ahead Topic :Support your health with nutrition and maintain your weight 使用適當的營養支持你的健康，同時保持體重	*10/16七年級輔導課開始
9		22	23	24	25	26	27	28	Chapter 2-1: Interpersonal Skills Topic : How to Have a Grown-Up Relationship (Feeling) 如何擁有成熟的感情關係（感受）	
10	十一月	29	30	31	十一月 1	2	3	4	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Emotion) 如何擁有成熟的情感關係（情緒）	*10/29-10/31 九年級畢業旅行 *11/1九年級補假
11		5	6	7	8	9	10	11	Assignment—Create a Video (Group) 分組影片製作	*11/11 99校慶
12		12	13	14	15	16	17	18	Chapter 2-1: Interpersonal Skills Topic: Anorexia & Bulimia 厭食症和暴食症	*11/13校慶補假
13		19	20	21	22	23	24	25	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Peer pressure) 如何擁有成熟的感情關係（同儕的壓力）	
14		26	27	28	29	30	十二月 1	2	第二次段考	*11/28-11/29第二次段考
15	十二月	3	4	5	6	7	8	9	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Friend) 如何擁有成熟的感情關係（朋友）	
16		10	11	12	13	14	15	16	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Family) 如何擁有成熟的感情關係（家人）	*12/11、12/12童軍隔宿露營
17		17	18	19	20	21	22	23	Task 3: Assignment—Create a Poster (individual) 個人海報製作	*12/21-22九年級複習考2
18		24	25	26	27	28	29	30	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Internet safety) 安全網路交友	
19	一月	31	112年一月 1日	2	3	4	5	6	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Cyberbullying) 網路霸凌	*1/1開國紀念日
20		7	8	9	10	11	12	13	Task 4: Worksheet Checking (WS5-WS13) 學習單 5-13	*1/12全校攜手班、第八節輔導課、夜自習結束
21		14	15	16	17	18	19	20	第三次段考	*1/17-18第三次段考 *1/19學期結束

補課		21	22	23	24	25	26	27	Introduce: You Must Know Topic: 課程介紹	*1/23-26 補課
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上課方式：雙語融入, 分組教學, 學習單, 簡報, **Google Classroom, Canva,**

硬體：iPad, Apple TV, iPhone

評量方式：

Task	Name	Due Date	Score		Out of
1	Worksheet Checking (WS1-WS4) 學習單 1-4	作業抽查 Selective examination		20	60%
3	Assignment—Create a Video (Group) 分組影片製作			20	
2	Assignment—Create a Poster (individual) 個人海報製作			20	
4	Worksheet Checking (WS5-WS13) 學習單 5-13			40	40%
Final result 期末總成績				100	100%

WS 學習單	Health Education Contents	Useful Expression	Chinese (中文)	OK
1	Introduce: You Must Know Topic: 課程介紹	Nice to see you		
2	Chapter 1-1: Healthy Lifestyle Ahead Topic: Love your body shape 懂得欣賞自己的身材	No big deal!		
3	Chapter 1-1: Healthy Lifestyle Ahead Topic: Your Body Mass Index, BMI 認識你的體重指數	Let's grab a bite to eat.		
4	Chapter 1-2: Healthy Lifestyle Ahead Topic: Take Control of Your Weight and Disease Obesity 控制體重和疾病性肥胖	Fit as a fiddle		
Task 1: Worksheet Checking (WS1-WS4) 學習單 1-4		Check it out		
5	Chapter 1-3: Healthy Lifestyle Ahead Topic: Support your health with nutrition and maintain your weight 使用適當的營養支持你的健康，同時保持體重	You are what you eat!		
6	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Feeling) 如何擁有成熟的感情關係 (感受)	Feel out of place		
7	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Emotion) 如何擁有成熟的情感關係 (情緒)	To walk on air		
Assignment—Create a Video (Group) 分組影片製作		The video went viral		
8	Chapter 2-1: Interpersonal Skills Topic: Anorexia & Bulimia 厭食症和暴食症	Comfort food		
9	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Peer pressure) 如何擁有成熟的感情關係 (同儕的壓力)	Under a lot of pressure		
10	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Friend) 如何擁有成熟的感情關係 (朋友)	Friends in high places		
11	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Family) 如何擁有成熟的感情關係 (家人)	Run in the family		
Task 3: Assignment—Create a Poster (individual) 個人海報製作		Create a Poster		
12	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Internet safety) 安全網路交友	I have upload		
13	Chapter 2-1: Interpersonal Skills Topic: How to Have a Grown-Up Relationship (Cyberbullying) 網路霸凌	Stop Cyberbullying		
Task 4: Worksheet Checking (WS5-WS13) 學習單 5-13		See you next year		

Class 班級：

Name 姓名：

Group 分組：

Title 主題：

Due Date 繳交日期：

Mark 總分：

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

Requirements			
Grading (Point)	5分	3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	清楚 clear	不清楚 Not clear	無 none
資料來源 Range of Reference	清楚 clear	不清楚 Not clear	無 none
時間 Time	2 mins (分鐘)	1-2 mins (分鐘)	0-1 mins (分鐘)
Grade 分數	Grade: _____		

Please hand in your assignment in Google Classroom, you need to use the MZJHS account to log in, Thank you. (請用木柵國中帳號登入，每一位同學都要上傳喔！)

1. 2 mins video (影片製作超過2分鐘)
2. Oral: All in English (台詞是全英文)
3. Subtitle: Chinese/ English (影片請打上中文/英文字幕)

Class 班級：
Topic 主題：

Name 姓名：

Due Date 繳交日期：

Poster Rubric					
Grading (Point)	5	4	3	2	1
Topic 主題 (學習單的主題)	Topic is correct, neat, creative and colourful 標題正確，整潔，有創意，色彩豐富	Topic is correctly written in neat, attractive letters 標題以整潔、吸引人的字母正確書寫	Topic is present but capitalised are spelled incorrectly 標題存在但大寫拼寫錯誤	Partial/ Incomplete topic 部分/不完整的標題	No topic on project 項目無標題
Facts 資訊是否正確	5 facts are written and are correct 提供5個資訊，並且是正確的	4 facts are written and are correct 提供4個資訊，並且是正確的	2-3 facts are written or a partially correct 提供2~3個資訊，部分是正確的	1 facts is written or facts are incorrect 提供1個資訊，或資訊不是正確的	No facts on poster 無提供任何資訊
Timeline 步驟敘述	Timeline has 4 or more correct events 步驟有 4 個並且更多正確的事件	Timeline has 3 correct events 步驟有 3 個是正確的事件	Timeline has 2 correct events 步驟有 2 個是正確的事件	Timeline has 1-2 incorrect events 步驟有 1-2 個是不正確的事件	No Timeline poster 無提供任何步驟
Illustration 插圖	4 or more neat, clear creative illustrations related to the topic 4張或更多的與主題相關插圖且整潔和清晰	3 neat, clear creative illustrations related to the topic 3 與與主題相關插圖且整潔和清晰	2 illustrations related to the topic are present 存在2個與與主題相關插圖	1 illustration related to events 1 與與主題相關插圖	No illustration on the poster 海報上沒有插圖
Color 顏色	Poster uses neat, clear, creative colouring 海報使用的顏色很有創意、多元、清晰。	Poster uses neatly coloured elements 海報使用的顏色很有創意、清晰。	Poster has a fair amount of colour 海報使用的顏色多元	A very limited amount of colour is present 海報使用的顏色非常有限	No colour is present 沒有顏色
Appearance 感官	Poster is very organised with neat, clear, easy to read lettering 海報字體清晰、排版整齊、易讀	Poster is very organised with neat, clear 海報字體清晰、排版整齊	Poster is very organised with neat 海報字體清晰	Poster lacks neatness and is mostly disorganised 海報缺乏排版，大多雜亂無章	Poster lacks neatness and is poorly organised 海報缺乏排版不夠嚴謹
Time 製作時間	Hand in on time +10 (準時繳交加10分)				
Grade 分數	Grade: _____/40 _____%				

Please hand in your assignment in Google Classroom. You need to use the MZJHS account to log in.
Thank you.

**All in English (全英文)

Your Poster Must have:

1. Your Class (你的班級)
2. Your Number (你的號碼)
3. Your Chinese Name (你的中文名)
4. Your English Name (你的英文名字)
5. Your Poster Topic (你的主題，只能從Study Guide) 的主題
6. Your Canva Poster (請用Canva 製作)

#Ref: