領域/科目		語文領域 英語科	設計者	英文楊蕙韓老師			
實施年級		八年級學生	教學節數	1 節			
單元名稱		Risk Awareness and Self-Protection while Bicycling					
		設計依據	秦				
	J-A1 具備良好的身心發展知能與態度,並展現自我潛能、探索人性、價值與生命意義、積極實踐。						
核心		養。					
素養	領域核心素養具體內涵	健體-J-A2 具備理解體育與健康情境的全貌,並做獨立思考與分析的知能,進而運用適當的策略,處理與解決體育與健康的問題。 健體-J-B1 具備情意表達的能力,能以同理心與人溝通互動,並理解體育與保健的基本概念,應用於日常生活中。					
		健體-J-C2 具備利他及合群的知 育相 互合作及與人和諧互動的		在體育活動和健康生活中培			
教材來源		交通安全教案手册, Youtube 影片					
教學設備		Computer, smartboard, ipad, helmet, knee pad					
學習目標							
Knowledge							

Knowledge

Understand potential risks associated with bicycling.

Awareness

Enhance situational awareness of dangerous scenarios.

Skill

Learn basic self-protection measures while cycling.

P 習活動設計						
學習活動內容及實施方式(含教學策略)	時間	學習評量				
I. Warm-Up						
1. Ask students "What worries you when riding a bike?"	5 mins	Students feel				
		free to answer				
2. Explain the importance of risk awareness and self-protection while		teachers'				
bicycling.		questions				
II. Main Activity						
1. Risk Awareness	10 mins					
Explain "Common Risks" to students		Check				
		students'				
1) Poor road conditions (potholes, wet surfaces)		understanding				
2) Traffic accidents (collisions with cars, motorcycles)		by several Qs				
		& As.				
3) Weather conditions (riding in rain or strong winds)						
Discussion		T. 1				
		Teacher				
Have students discuss in pairs:		evaluation and				
What risks have you faced while cycling? How did you handle them?		peer				
what fisks have you faced while eyeinig. How did you handle them:	10	evaluation				
2. Situational Awareness	10 mins	Check				
		students'				
(Scenario Simulation)		understanding				
Show a series of short videos or images depicting various cycling		by several Qs				
scenarios (e.g., busy intersections, narrow paths). Ask students to		& As.				
identify potential dangers.		WAS.				
https://www.youtube.com/watch?v=j8zkpZVmyww						
		Teacher				

		evaluation and
		peer
		evaluation
Group Activity	5 mins	
Divide students into small groups and assign each group a specific scenario (e.g., riding at night, making sharp turns). Have them discuss ways to avoid risks and then present their ideas to the class. 3. Self-Protection Measures	10 mins	
Basic Safety Tips		
Show students three tips when riding a bike		
1) Wear safety gear (helmet, knee pads)		
2) Know traffic rules (stop at red lights, yield to pedestrians)		
3) Stay focused and avoid distractions (no phone usage)		
Practical Demonstration		
Demonstrate how to properly wear safety gear, and allow students to practice putting on helmets and knee pads.	5 mins	
III. Wrap up		
1. Summarize the key points learned about risks and self-protection		
methods.		
2. Encourage students to ask questions and share their thoughts.		