**附件1：**

**体育与健康单元教学设计课例申报表**

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| **单元内容** |  | **授课年级** |  | **授课教师** |  |
| **单元主题：** | | | | | |
| **主题分析：** | | | | | |
| **单元学习目标** | | | | | |
|  | | | | | |
| **单元结构图（泳道图）** | | | | | |
|  | | | | | |
| **单元计划表** | | | | | |
| **课次** | **主要内容** | **学练活动** | | **比赛活动** | **学习表现** |
|  |  |  | |  |  |
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|  |  |  | |  |  |
| **自行添加行** | **……** | **……** | | **……** | **……** |
| **单元学习评价** | | | | | |
|  | | | | | |
| **单元作业** | | | | | |
|  | | | | | |

**体育与健康课时教学计划**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **教学内容** | |  | **授课年级** |  | | | **授课地点** | |  | |
| **授课教师** | |  | **课次/单元** |  | | | **授课时间** | |  | |
| **教材分析** |  | | | | | | | | | |
| **学情分析** |  | | | | | | | | | |
| **学习目标** |  | | | | | | | | | |
| **素养培育** |  | | | | | | | | | |
| **教学过程** | | | | | | | | | | |
| **部分** | **内容与要求** | | | **组织队形** | | | | **时间** | | **个体密度** |
| 热身部分 |  | | |  | | | |  | |  |
| 学练部分 |  | | |  | | | |  | |  |
| 比赛与  体能部分 |  | | |  | | | |  | |  |
| 放松部分 |  | | |  | | | |  | |  |
| 学习评价 |  | | | | | | | | | |
| 课后小结 |  | | | | 运动负荷 |  | | | | |