表4-1學習領域課程計畫
（含學年/學期學習目標、能力指標、對應能力指標之單元名稱、節數、評量方式、備註等相關項目以及每週教學進度表）

花蓮縣光復國民中學107學年度第一學期七年級健體領域課程計畫 設計者：\_\_\_\_\_\_\_\_\_

* 1. 本領域**每週**學習節數（三）節。
	2. 本學期學習目標：
	3. 本學期課程架構：﹙各校自行視需要決定是否呈現﹚
	4. 本學期課程內涵：（單元名稱及教學內容**務必每週填寫**）

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **週/****起訖時間** | **單元名稱** | **教學內容** | **節數** | **教材來源** | **評量方式（不必每週填寫）** | **能力指標（不必每週填寫）** | **融入領域或議題（不必每週填寫）** | **備註** |
| 一08/26~09/01 |  | ﹙教學內容之詳略由各校自行斟酌決定﹚ |  |  |  | 應包括指標標碼與指標內容 |  |  |
| 二09/02~09/08 |  |  |  |  |  |  |  |  |
| 三09/09~09/15 |  |  |  |  |  |  |  |  |
| 四9/16~9/22 |  |  |  |  |  |  |  |  |
| 五9/23~9/29 |  |  |  |  |  |  |  |  |
| 六9/30~10/06 |  |  |  |  |  |  |  |  |
| 七10/07~10/13 |  |  |  |  |  |  |  |  |
| 八10/14~10/20 |  |  |  |  |  |  |  |  |
| 九10/21~10/27 |  |  |  |  |  |  |  |  |
| 十10/28~11/03 |  |  |  |  |  |  |  |  |
| 十一11/04~11/10 |  |  |  |  |  |  |  |  |
| 十二11/11~11/17 |  |  |  |  |  |  |  |  |
| 十三11/18~11/24 |  |  |  |  |  |  |  |  |
| 十四11/25~12/01 |  |  |  |  |  |  |  |  |
| 十五12/02~12/08 |  |  |  |  |  |  |  |  |
| 十六12/09~12/15 |  |  |  |  |  |  |  |  |
| 十七12/16~12/22 |  |  |  |  |  |  |  |  |
| 十八12/23~12/29 |  |  |  |  |  |  |  |  |
| 十九12/30~01/05 |  |  |  |  |  |  |  |  |
| 二十01/06~01/12 |  |  |  |  |  |  |  |  |
| 二十一01/13~01/19 |  |  |  |  |  |  |  |  |

花蓮縣光復國民中學107學年度第二學期七年級健體領域課程計畫 設計者：\_\_\_\_\_\_\_\_\_

* 1. 本領域**每週**學習節數（三）節。
	2. 本學期學習目標：
	3. 本學期課程架構：﹙各校自行視需要決定是否呈現﹚
	4. 本學期課程內涵：（單元名稱及教學內容**務必每週填寫**）

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| **週/****起訖時間** | **單元名稱** | **教學內容** | **節數** | **教材來源** | **評量方式（不必每週填寫）** | **能力指標（不必每週填寫）** | **融入領域或議題（不必每週填寫）** | **備註** |
| 一02/10~02/16 |  | ﹙教學內容之詳略由各校自行斟酌決定﹚ |  |  |  | 應包括指標標碼與指標內容 |  |  |
| 二02/17~02/23 |  |  |  |  |  |  |  |  |
| 三02/24~03/02 |  |  |  |  |  |  |  |  |
| 四03/03~03/09 |  |  |  |  |  |  |  |  |
| 五03/10~03/16 |  |  |  |  |  |  |  |  |
| 六03/17~03/23 |  |  |  |  |  |  |  |  |
| 七03/24~03/30 |  |  |  |  |  |  |  |  |
| 八03/31~04/06 |  |  |  |  |  |  |  |  |
| 九04/07~04/13 |  |  |  |  |  |  |  |  |
| 十04/14~04/20 |  |  |  |  |  |  |  |  |
| 十一04/21~04/27 |  |  |  |  |  |  |  |  |
| 十二04/28~05/04 |  |  |  |  |  |  |  |  |
| 十三05/05~05/11 |  |  |  |  |  |  |  |  |
| 十四05/12~05/18 |  |  |  |  |  |  |  |  |
| 十五05/18~05/25 |  |  |  |  |  |  |  |  |
| 十六05/26~06/01 |  |  |  |  |  |  |  |  |
| 十七06/02~06/08 |  |  |  |  |  |  |  |  |
| 十八06/09~06/15 |  |  |  |  |  |  |  |  |
| 十九06/16~06/22 |  |  |  |  |  |  |  |  |
| 二十06/23~06/29 |  |  |  |  |  |  |  |  |