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教学改革丛书

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HANDBOOK SERIES:

双语教师手册:

中学音体美分册

Secondary Music, P.E., and Art

黄建滨◎主 编



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Part One

Secondary Music

中学音乐

I

课堂用语

Classroom Expressions

● Beginning / Dismissing the Class 上课 / 下课

1. Class begins. / Let's begin our class. 上课了。
2. Stand up, please. 起立。
3. Good morning / afternoon, boys and girls / everyone. 同学们早上好 / 下午好。
4. Sit down, please. 请坐下。
5. Let's stop here. / That's all for today. 今天就到这里。
6. Time is up. 时间到了。
7. Class is over. / You are dismissed. 下课。
8. See you. / See you next time. / Good bye. / Bye-bye. 再见。

● Checking Attendance 考勤

1. Is everyone here? 人都到齐了吗?
2. Who is absent? / Is there anyone absent? 有谁没来吗?
3. Do you know where Li is? 你知道小李在哪里吗?
4. Don't be late next time. 下次别迟到了。

5. Please come earlier next time. 下次早点过来。



● Self-introduction 自我介绍

1. I'm... I'm your music teacher this term. 我叫..., 是你们这学期的音乐老师。

2. I'm very happy to be your music teacher. 很高兴成为你们的音乐老师。

3. Let's make a self-introduction now. 让我们都作个自我介绍吧。

4. I hope we will be good friends. 希望我们能成为好朋友。

● Issuing a Command 指令用语

1. Please have a look. 看一看。

2. Please think it over. 想一想。

3. Please have a listen. 听一听。

4. Please have a try. 做一做。

5. Please try to make a performance. 演一演。

6. Please have a speaking. 说一说。

7. Please have a singing. 唱一唱。

8. Listen carefully, please. 请仔细听。

9. Please be quiet and listen carefully. 请安静地听录音。
10. Keep quiet, please. 保持安静。
11. Open your books, please. 请把书打开。
12. Please turn to page 5. 把书翻到第5页。
13. Please read the words of the song. 请朗读歌词。
13. Put your hand up, please. 请举手。
14. Sing with me, please. 请跟我唱。
15. Please sing the song loudly. 请大声唱这首歌。
16. Once more, please. 请再唱一遍。
17. Please talk about the song. 请谈谈这首歌。
18. Please have a look at a video. 请看一段录像。
19. Come here, please. 请到这边来。
20. Please enjoy the music. 请欣赏音乐。
21. Slow down, please. 请放慢一点。



● In-class Activities 课堂活动

1. Are you ready? 准备好了吗?
2. Any volunteers? 有没有人自愿上来唱?

3. Practice with your friend. 相互对唱。
4. Please act it out. 请你来表演。
5. Let's play. 玩一玩。
6. Let's begin the music game. 我们开始音乐游戏。
7. Please pay attention to the change of rhythm. 注意节奏变化。
8. Let's sing together. 大家一起唱。
9. It's your turn now. 现在轮到你了。
10. Whose turn is it now? 现在轮到谁了?
11. Follow the teacher and clap hands according to the rhythm. 跟着老师拍节奏。
12. Now let's learn to sing a new song. 现在让我们来学唱一首新歌。

● Encouragement and Compliment 鼓励与表扬

1. Try. You can. 试试看, 你行的。
2. Don't be shy. 别害羞。
3. Who'd like to have a try? 谁先试唱一下?
4. Take it easy. Sing with the rhythm. 别急, 跟着节奏唱。
5. Try again. 再试一次。
6. You are great! / Very good! / Perfect! 你真棒!
7. Good job! / Well done! / Wonderful! / You did a good job! 唱得不错!
8. Practice more. 多加练习。



II

多彩中国

Colorful China

一、Teaching Aims 教学目标

1. To sing the song with natural and nice voice by feeling the melody and the mood of the song. 感受歌曲的旋律和情绪特点，能用自然、优美的声音演唱歌曲。
2. To use the rest and legato correctly and sing the song with proper dynamics. 能唱准歌曲中的休止符和连音，用适当的力度处理歌曲。
3. To arouse interests in music activity and cultivate their taste in music. 培养对音乐活动的兴趣，并陶冶情操。

二、Teaching Focus and Difficulty 教学重点和难点

1. Focus: To sing the song with suitable voice. 重点：学唱歌曲，能用合适的声音演唱。
2. Difficulty: To grasp the usage of the rest and triple meters. 难点：休止符、三拍子的掌握。

三、Teaching Procedure 教学过程

● Vocabulary 词汇

chorus 合唱

colorful 多彩的

desert 沙漠

duple meters 二拍子

dynamics 力度

environment 环境

introduce 介绍

legato 连音

melody 旋律

meter 拍号

note 音符

plain 草原

protect 保护

quadruple meters 四拍子

rest 休止符

sheet music 乐谱

sight-singing 视唱

solo 独唱

triple meters 三拍子

unison 齐唱

● Lead-in 导入

1. Our country not only has beautiful scenery but also abundant resources. 我们的祖国不仅风景优美而且资源丰富。

2. I bring a set of pictures for you. 我给大家带来了一组图片。

3. Please appreciate some pictures. 请欣赏图片。

4. This is a plain / desert / the Yangtze River / the Yellow River. 这是草原 / 沙漠 / 长江 / 黄河。

5. What do you want to say after appreciating the pictures? 看完图片，你有什么话要说吗？

6. Would you please use some color to describe our country? 你们能用表示颜色的词来形容我们的祖国吗？

7. What kind of color can be used to describe our great country? 你觉得可以用哪些颜色来表示我们伟大的祖国呢？

8. Very good! / You did a good job! / Wonderful! 大家说得很好。

9. Here is a map of the world. 这是一幅世界地图。

10. Can you find where China is? 你能找到中国在哪里吗？

11. This is a map of China. What a colorful country! 这是一幅中国

地图。这真是一个多彩的国家。

12. Where is Beijing? Where is Taiwan? 找找看北京在哪里? 台湾在哪里?

13. Taiwan is like a small boat, floating in the sea. 台湾像小船一样漂浮在大海上。

● In-class Activities 课堂活动

1. Let's read the words of *Colorful China* together. 我们大家一起来读一读《多彩中国》的歌词。

2. It's the new song we'll learn today. 这就是我们今天要学习的新歌。

3. Please listen to the whole song. 请完整地欣赏一遍歌曲。

4. Is it nice? How do you feel after listening? 好听吗? 听完这首歌,你有什么感觉?

5. Let's study the sheet music. 我们来学习乐谱。

6. What kind of notes can you find in this song? 这首歌中你们发现什么音符?

7. Yes, that is rest. 对了, 休止符。

8. Let's try singing the sheet music to the piano. / Let's try sight-singing to the piano. 我们来试着跟着钢琴唱一唱乐谱。

9. Some of you didn't notice the rest. 有些同学没有注意休止符。

10. We should stop when we come to the rest. 看到休止符要停下来。

11. Let's try again. 我们再来试一试。

12. Let's sing the song with the lyrics. 下面我们把歌词带入唱一唱。

13. Think over what kind of mood we should have when sing the song. 想想应该用怎样的感情来唱这首歌曲。

14. Please pay attention to the rhythm. 请注意合准节奏。

15. Please keep the unity of the tone color. 请保持音色的统一。

16. Let's use a simple action with the melody. 大家跟着旋律做一些简单的动作。

17. You sing the song very nice. 你把这首歌唱得很美。

18. Let's take action to protect our environment. 我们每个人都行动起来，保护环境。



III

缤纷舞曲

Dance Music

一、Teaching Aims 教学目标

1. To know what waltz is and learn some steps of polka. 了解圆舞曲，体验波尔卡舞步。
2. To know the western percussion instruments: kettle drum, bass drum, and snare drum. 初步了解西洋乐队的打击乐器——定音鼓、大鼓、小军鼓。
3. To enjoy *Thunder and Lightning Polka* and *Skating Waltz*, and to improve ability of music appreciation. 赏析歌曲《雷鸣闪电波尔卡》、《溜冰圆舞曲》，培养音乐鉴赏能力。
4. To express the understanding of music with all kinds of music activities. 通过各种形式表达自己对音乐的理解。

二、Teaching Focus and Difficulty 教学重点和难点

1. Focus: To arouse interests in this kind of music and grasp some basic

ways in understanding and analyzing music. 重点：对这一类型的音乐作品产生兴趣。掌握一些基本的理解音乐、分析音乐的方法和途径。

2. Difficulty: The explanation of different music expressions towards each theme. 难点：每一个音乐主题不同的表现手法的讲解。

三、Teaching Procedure 教学过程

● Vocabulary 词汇

accidental 变音记号	plucked string instrument 拨弦乐器
accompany 伴奏	polka 波尔卡
Argentina 阿根廷	scale 音阶
bass drum 大鼓	sharp 升号
Europe 欧洲	sight-singing 视唱
flat 降号	snare drum 小军鼓
intonation 音准	solo 独奏
kettle drum 定音鼓	symphony 交响乐
nature 还原记号	tango 探戈
orchestra 管弦乐	thunder 雷电
percussion instrument 打击乐器	unison 合奏
pipa 琵琶	waltz 圆舞曲

● Lead-in 导入

1. Today, let's begin to learn dance music. 今天我们进入到了歌舞单元的学习。

2. Let's guess a riddle first. 我们先来猜个谜语。

3. Let's guess a natural phenomenon. 我们来猜个自然现象。

4. The music we'll learn today has a close relationship with thunder and lightning. 今天要学习的乐曲和雷电有密切的关系。

5. Let's listen to a piece of music together. 我们一起听首乐曲。

6. What can you hear? 你们听到了什么？

7. Have you got any regular sound? 你们是不是听到了很有规律的声音？

8. Let's experience it again.
我们再来体会一下。

9. Please think it over
while listening. 大家边听边思
考。

10. Do you want to listen
to the whole music? 你们想听完
整的乐曲吗?



● In-class Activities 课堂活动

1. Before enjoying this piece of work, let's learn some related music knowledge first. 在欣赏这首作品以前,我们先来了解一些和作品有关的知识。

2. Polka is originated from Eastern Europe. 波尔卡起源于东欧。

3. Polka is a kind of dance music. 波尔卡是一种舞曲。

4. Polka is also a kind of dance. 波尔卡也是一种舞蹈。

5. Polka is a kind of vigorous, lively dance. 波尔卡是一种快速活泼的舞蹈。

6. The composer of this song is Johann Strauss. 这首曲的作者是约翰·施特劳斯。

7. Let's listen to the whole work. 让我们完整聆听音乐。

8. Which music form does this one belong to? Orchestra or symphony? 这首乐曲你觉得属于哪种音乐形式? 管弦乐还是交响乐?

9. What about the music style of this work? 这首作品的整体音乐风格是怎样的呢?

10. What percussion instruments have you got after appreciating this work? 在作品中同学们发现了哪些打击乐器呢?

11. Let's listen to it again. 让我们再次聆听。

12. This work has three parts. 作品分为三部分。

13. Some melody appears several times. 有几段旋律反复出现。

14. These melodies are the theme of the music. 这几段旋律就是作

品的音乐主题。

15. Let's play a game. 我们一起来做个游戏。

16. You will be divided into four groups. Each group represents a music theme. 同学们分成四组，每个小组代表一个主题。

17. Please clap your hands together if it belongs to your theme while listening. 听见出现自己的音乐主题就集体击掌。

18. Do you like to learn some steps of polka? 大家想不想学波尔卡舞蹈步伐？

19. Please follow me. 跟我做。

20. Let's imitate skating with suitable rhythm. 我们用节奏模仿溜冰。

21. Please knock the desk with the beat of the melody. 跟着乐曲节拍拍打桌子。

22. Please stamp out the meter by your feet. 跟着乐曲用双脚踩出节拍。

23. Please shake your body with the rhythm. 跟着节奏晃动身体。

24. What have you got today? 今天你有哪些收获？



IV

草原牧歌 Pastoral Song

一、Teaching Aims 教学目标

1. To sing the songs *Beautiful Grassland*, *Beautiful Home* and *Silver Cup*, and get to know the special features of Mongolia long tune and short tune. 学唱歌曲《美丽的草原我的家》、《银杯》，感受蒙古音乐独特的长调和短调风格。

2. To grasp basic knowledge of Mongolia folk song and get to know the timbre of horse-head string instrument. 了解蒙古族民歌的基本常识，认识马头琴音色。

3. To understand the relationship between music and the geographical environment, and arouse interests in the songs of ethnic minority. 对音乐与地理环境之间的关系有初步体验，激发学生对少数民族音乐的兴趣。

二、Teaching Focus and Difficulty 教学重点和难点

1. Focus: To sing the songs and express the change of the mood of the music. 重点：学唱歌曲，并能表现音乐情绪变化。