教案一：健康《用水小約定》

活動形式：小組活動

活動目標：

1. 認知目標：知道水的樂趣與重要性，認識玩水的安全守則，明白浪費水、嬉水打鬧帶來的危險，牢記簡單的用水小約定。

2. 技能目標：能夠遵守嬉水秩序，學會正確、安全及節約用水的玩法，自行規範嬉水的行為。

3. 情感目標：喜愛嬉水遊戲，感受玩水的樂趣；建立節約用水、文明嬉水、安全嬉水的意識，培養良好用水習慣。

活動準備

1. 物質準備：清水、塑膠水盆、小水杯、水杓、海綿、小水槍、嬉水玩具；文明嬉水、危險嬉水情景圖片（潑水打鬧、長開水龍頭浪費食水、安靜嬉水、關好水龍頭）；用水小約定圖文海報、獎勵小貼紙。

活動過程

（一）活動導入：趣味謎語，引發興趣

教師說出謎語：「看不見，摸得到，洗洗小手真乾淨，花草樹木離不了。」引導幼兒猜出謎底——水。

接著提問幼兒：「小朋友平時喜歡玩水嗎？玩水的時候我們可以做甚麼？」鼓勵幼兒自由分享玩水經歷。教師帶出主題：玩水是很快樂的事，但嬉水都要有規矩，今天我們一起學習用水小約定，學會安全、文明、快樂地玩水。

（二）情景觀察：辨別對錯，學習約定

1. 教師依次出示嬉水情景圖片，引導幼兒觀察討論。展示潑水打鬧、長開水龍頭、地面有水仍然奔跑等不安全、浪費食水的圖片，提問：「圖中的小朋友做得對嗎？為甚麼？這樣玩水會有甚麼危險？」

引導幼兒總結：隨意潑水會弄濕衣物、容易滑倒受傷；長開水龍頭會浪費食水；嬉水追逐打鬧容易碰撞到同伴。

2. 出示正確嬉水情景圖片，進行對比學習，師生共同制訂嬉水的用水小約定，透過兒歌幫助幼兒記憶：

① 輕輕玩水不潑水，不向同伴身上灑水

② 用完清水要關好，節約用水不浪費

③ 地面有水不要跑，慢慢走路防跌倒

④ 安靜遊玩守秩序，友愛相處不打鬧

3. 教師帶領幼兒集體朗讀用水小約定，加深記憶，讓幼兒清楚嬉水的安全及文明規則。

（三）實操遊戲：遵守約定，快樂嬉水

1. 講解遊戲規則：接下來進行自由嬉水遊戲，所有幼兒要遵守一起制訂的用水小約定，做文明小玩家；遵守規則的幼兒可以獲得獎勵貼紙。

2. 自主嬉水體驗：幼兒分組有序進行嬉水活動，可以用海綿吸水、水杯運水、輕柔嬉水、玩水上玩具等。教師巡迴觀察與指導，適時提醒幼兒遵守約定，即時制止潑水打鬧、浪費食水的行為，鼓勵幼兒輕柔遊玩、友好合作。

3. 遊戲小結：遊戲完結，教師表揚遵守用水約定、文明嬉水、懂得節約用水的幼兒，貼上獎勵貼紙，再次鞏固嬉水規則。

（四）活動完結：回顧總結，培養習慣

1. 教師帶領幼兒整理嬉水工具，抹乾桌面及地面的水跡，培養整理物品、愛護環境的習慣。
2. 簡單回顧用水小約定，提問幼兒：「嬉水時我們要做到甚麼？不可以做甚麼？」引導幼兒集體複述規則。
3. 教師總結：水是我們的好朋友，帶給我們歡樂，亦是生活的必需品。我們要牢記用水小約定，做到安全嬉水、文明嬉水、節約用水，做愛護食水的好寶寶。

活動延伸

1. 區角延伸：科學及水區持續投放嬉水材料，於日常區角活動持續提醒幼兒遵守用水小約定，鞏固文明用水的習慣。
2. 生活延伸：於洗手、飲水等日常生活環節，提醒幼兒遵守用水規則，養成關好水龍頭、不嬉水打鬧、珍惜食水的習慣。

活動反思

本活動以幼兒喜愛的嬉水遊戲作切入，透過情景對比、兒歌記憶、實際操作體驗，讓幼兒直觀認識嬉水的安全及文明規則，提升幼兒參與的興趣。透過師生共同制訂用水小約定，大部分幼兒的規則意識、節約食水的觀念有所提升，在實操遊戲中能夠做到不隨意潑水、珍惜食水、遵守秩序，體驗文明嬉水的樂趣。

可改善地方：部分幼兒情緒興奮時會忘記規則；個別幼兒較難控制力度，容易把水濺到同伴身上。
改善方向：遊戲前再次重溫約定；按幼兒能力分小組，調整人數；增加情景模擬，反覆鞏固安全行為。

Lesson 1: Health　Our Water-Use Agreements

Activity format: Small- group activity

Learning Objectives

1. Cognitive: Recognise the importance and fun of water. Understand safety rules for water play and risks of misusing water such as splashing and water wastage. Remember simple water- use agreements.

2. Skills: Follow water- play routines. Practise safe and water- saving play. Self- regulate behaviours during water- related activities.

3. Affective: Enjoy water play. Develop awareness of safe, civilised and water- saving habits. Build positive attitudes towards water conservation.

Preparation

Materials: Clean water, plastic basins, small cups, scoops, sponges, water toys; picture cards showing safe and unsafe water play (splashing others, leaving taps running, playing quietly, turning off taps); illustrated water- rule poster, reward stickers.

Activity Procedure

1. Warm-up & Introduction: Water Riddle

Teacher presents a riddle: "Cannot see, but can feel. It cleans our hands, and helps plants to grow." Invite children to guess the answer: water.

Teacher asks: "Do you like playing with water? What do you do when you play with water?" Invite children to share their experience. Introduce the theme: Water play is fun, but we need rules. Today we will learn our water- use agreements for safe and happy play.

2. Observe scenarios & learn agreements

（1）Show picture cards of unsafe water play: splashing at peers, leaving taps running, running on wet floors. Ask: "Is this right? What dangers may happen?"

Guide children to conclude: Splashing wets clothes and may cause slips. Leaving taps open wastes water. Chasing during water play may lead to collisions.

（2）Show pictures of correct water play. Co- create simple water- play agreements with children, recite as short rhyme:

- Play gently, do not splash water on friends
- Turn off taps after use, save water
- Do not run on wet floors, walk slowly to avoid falls
- Play calmly, be friendly to one another

（3）Read the agreements together to reinforce understanding.

3. Hands- on water- play game

（1）Explain rules: Children must follow our water- use agreements. Children who follow rules get reward stickers.

（2） Children play in small groups: absorb water with sponges, carry water with cups, explore water toys. Teacher supervises, guides behaviour, stops unsafe splashing and water waste, encourages friendly cooperation.

（3） Game debrief: Praise children who play safely and save water; give stickers and recap rules.

4. Conclusion & habit building

（1）Children tidy water- play materials, wipe wet tables and floors, learn to keep environment neat.

（2）Review agreements by asking: “What should / should not we do in water play?” Children repeat key rules.

（3）Teacher summary: Water is our friend. We must play safely, behave well and save water.

Extension Activities

1. Learning corner: Keep water- play materials in science corner. Reinforce water- use rules during corner time.

2. Daily life: Remind children to turn off taps during hand- washing and drinking routines.

Reflection

Using children’s interest in water play, this lesson uses picture scenarios, rhymes and hands-on play to teach safety and conservation concepts. Most children understand and follow agreements during play.

Points for improvement: Some excited children forget rules; some lack fine-motor control and accidentally splash peers.

Suggestions: Rehearse rules before play; manage group size; add role-play scenarios to reinforce safe behaviour.