

桃園市立內壢國民中學 113 學年度 英語演講比賽 實施計畫

一、目的：提升本校學生之外語能力，培養世界觀與全球視野，俾能與國際接軌。

二、主辦單位：教務處。

三、協辦單位：英語文領域、英語資優資源班。

四、參加資格：本校八年級生，每班推薦至少 1 名參加。

(一張報名表限填一位，需額外報名表請找教學組)。

五、比賽時間：

(一) **113 年 12 月 18 日 (三) 第五節至第七節**，各組按序號分配於指定時間至會場報到。

(二) 出場序：

第一組(序號為 1-12 號)於**第五節**課前五分鐘開始報到(13:00)，13:05-13:50 正式競賽。

第二組(序號為 13-24 號)於**第六節**課前五分鐘開始報到(13:55)，14:00-14:45 正式競賽。

第三組(序號為 25-36 號)於**第七節**課前五分鐘開始報到(14:50)，14:55-15:40 正式競賽。

(三) 序號抽籤：**繳交報名表時同時抽籤**，若非參賽者本人繳交，一律由代為繳交者代抽。

六、報到與比賽地點：本校**閱覽室**。

七、比賽題目：如附件，共兩篇，請選手自行擇一練習，並請原班英文老師協助指導並訓練。

八、賽制規定：

(一) 演講時間：以 3 分鐘為準(時間在 2 分 30 秒至 3 分 30 秒之間不扣分)，須背稿。

(二) 按鈴提醒：2 分 30 秒按鈴一次、3 分鐘按鈴兩次、3 分 30 秒長按至下台為止。

若單次停頓且停止演講超過 20 秒，教務處會安排演講選手下台。

(三) 評分標準：

1. 語音(發音、語調、流暢度)佔 50%

2. 內容(見解、結構、詞彙)佔 30%

3. 儀態(儀容、態度、動作表情)佔 20%

4. 時間不足或超過 30 秒扣 1 分，未足 30 秒以 30 秒計。

(四) 評判：由本校英語授課教師擔任評審委員評定之。

九、報名：

(一) 報名時間：自 **113 年 11 月 6 日 (星期三) 起至 113 年 11 月 20 日 (星期三) 止**

(二) 繳交文件：因現場會有錄影，請將**報名表(兩聯皆須填寫)**連同**著作權及肖像權使用授權書**繳交至教務處教學組，當場抽出場序後填入報名表，方完成報名程序。

十、獎勵：

(一) 第一名取 1 人，獎狀 1 張，嘉獎 2 支。第二名、第三名各取 2 人，獎狀 1 張，嘉獎 1 支。

(二) 優勝數名(視比賽情形而定)獎狀 1 張。

十一、附則

(一) 報名截止後，不可申請替換參賽選手。

(二) 參加比賽人員，依報到時間、地點準時出席，主辦單位不另發通知，逾時以棄權論；唱名 3 次後未出場者亦同。

(三) 為尊重選手比賽及維持比賽品質，比賽現場不開放學生入場，但歡迎師長觀賽；比賽現場禁止拍照與攝影，由主辦單位全程錄影，(含比賽過程與評審長講評)；本活動單位有權將參加比賽選手之影音檔上傳至本校學術相關網路平台，以供參閱專用，版權由教務處所有。

(四) 參賽同學於比賽進行中，原則上不可自行離開比賽場地，需等待至當場次結束後，由工作人員引導至門口，方可離開。

(五) 競賽當日防疫規範：演講者請脫口罩演講，其餘人員皆建議配戴口罩。

(六) 本校英語授課教師，將從獲得前三名的選手中，推薦代表學校參加英語演講市賽的選手，由

英資班授課教師進行訓練。

桃園市立內壢國民中學 113 學年度 英語演講比賽 報名表暨著作權及肖像權使用授權書
第一聯(教務處留存)

英語演講比賽 報名表

班級	八年____班____號	學生姓名		出場序 (教務處填寫)	
參賽者 簽名		指導老師 簽名		導師 簽名	

英語演講比賽 著作權及肖像權使用授權書

立授權書人_____，茲同意授權桃園市立內壢國民中學於校內「113 學年度英語演講比賽」過程中，以拍照及錄影方式記錄過程，並同意照片及影像（統稱肖像）做為未來非營利之教學、學術研究或出版之使用。有關肖像使用權參閱下列事項：

- 一、立授權書人同意桃園市內壢國中對肖像內容之利用以比賽過程為主，並做為教學、學術研究之使用，非其他用途。
- 二、立授權書人同意拍攝肖像歸桃園市內壢國中所有，並可依上述需要，製作剪輯或說明。

此致

桃園市立內壢國民中學

立授權書人(學生)：_____

法定代理人(家長)：_____ (簽章) 關係：_____

聯絡電話：_____

聯絡住址：_____

中華民國 113 年 _____ 月 _____ 日

*本授權書連同報名表第一聯由教務處留存，請於**113 年 11 月 20 日 (星期三)**前繳交。

請沿此虛線撕下

第二聯 (參賽者留存)

*本聯由學生留存，請於**11/20(三)**前繳交，比賽時間**12/18(三)**，演講比賽需背稿，距比賽尚逾1個月，兩篇講稿請自行擇一練習。

班級	八年____班____號	學生姓名		出場序 (教務處填寫)	
參賽者 簽名		指導老師 簽名		導師 簽名	

(註) 出場序如下，請按序號於指定時間至閱覽室報到。

第一組(序號為 1-12 號)於**第五節**課前五分鐘開始報到(13:00)，13:05-13:50 正式競賽。

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My Favorite Day of the Year

Happy birthday to you~Happy birthday to you~Oh wait, not to you, to me! On my birthday, I always get lots of gifts, which makes me feel happy as anyone else. So, birthday is often our favorite day. I guess you've probably heard many birthday stories so far today. Too bad you're going to hear another one, but not mine, it's my mom's birthday. It's my favorite day of the year.

Every year on my mom's birthday, the first thing I do is to put a card beside her bed. So when she wakes up, she'd be surprised to see my cards full of gratitude and thankfulness. Then, my brother and I would prepare a breakfast for her, eggs with fried bacon, lots of lettuce, and our love. When I grow older, I have another birthday "ritual" for her. I would sit beside her, look for her gray hair, and help cut it off. I know the gray hair would be growing endlessly, but in my mind, it's just like her endless love for us. Then, we will enjoy a cake together. After she blew out the candles, she would say: "You grow up, and I grow old. But I'm still happy to see you grow." She never had a birthday wish. She said she's already contented for having us around her, and that's enough. As I saw the number on the birthday cake is getting bigger every year till it became a question mark finally, the time with her became more precious. And I said to her: happy birthday, my queen, we shall celebrate this day next year, the year after the next, and all the years.

Sometimes I am too shy to show my deep love to her, but on this day I can do it without feeling embarrassed. Doing all these for my mom also makes me really proud, proud to make her contented, proud to be her son, and proud to repay her love. The happiness on her face seems telling me: I'm significant to her. The day makes me needed, makes me important, and makes my favorite day of the year. Now, I feel like I should sing one more time: Happy birthday to mom~ Happy birthday to mom~May we celebrate this day every year.

(379 words)

Thanks for listening!

Ways to Deal with Anger

In my family, my mom is the one who is good at listening and giving advice when we meet problems. Unlike my mother, I was poor at dealing with my emotions, especially anger. Every time I burst into anger, she gave me suggestions, but never did I try one. I didn't even know that could almost destroy my precious friendship one day.

A few years ago, I had a close friend. We shared our interests, favorites, secrets, and even dreams with each other. I thought we would be friends forever, but things didn't run as I expected. One day, I was misunderstood by her. She stopped talking to me and even didn't have a glimpse at me. No matter how I explained, she just didn't believe me. Being misunderstood is painful, especially by my best friend. In a chaos, several thoughts popped up in my mind. "She knew me so much. How could she misunderstand me? Why didn't she listen to me?" After all what I could do, not holding my temper anymore, I burst out shouting at her. "I hate you! I'm done with you!"

Then, after I calmed down, the sense of regret and guilt grew day by day. I realized how hurtful my words were. At that time, I finally knew I had to learn to deal with anger because I didn't want to lose friendship any more. So, I started to practice and try to figure out my own way. When I felt angry, I stop my sharp words first. Then, count from one to fifteen, silently and slowly. During these fifteen seconds, I would take a deep breath with every count. I move my eyes, move my arms and legs to relax. Besides, talking to friends who really understand me can also help. Through sharing, I clarify my thoughts, and even figure out possible solutions! Moreover, jogging works a lot. When jogging, I release my stress, cool myself down, and gain positive thoughts. Now I become better and better at dealing with my anger!

Getting mad is not always negative. It shows how much I value someone or something. I'll keep practicing dealing with anger in the future. Being mad, being wise.

(368 words)

Thanks for listening!