

初中階段110學年度英語朗讀競賽活動實施計畫

2022年2月17日

一、目的

為培育e世代外語人才，提升中學生英語文程度，增進學生英語口語表達能力，期許透過生動、實用、趣味、多樣化之英語活動，提昇學生學習興趣並且能在英語能力上有更優良的表現。

二、參加對象

初中階段(2027級)一年級學生。

三、時間與地點

1. 時間:2022年3月11日(星期五), 8:00 - 8:40。
2. 地點:未央廳。

四、比賽內容

1. 六篇文章為朗讀篇目，自行擇一準備，比賽當日統一使用評審老師所提供之文稿。
2. 篇目:繳交報名表後領取。

五、競賽規定及程序

1. 由各班英文授課教師甄選三至五位同學，並經由班導師確認代表班級參加比賽。
2. 抽籤決定出場順序。
3. 比賽時間每人限時二分半鐘，二分鐘時響鈴一聲提醒，時間到響鈴二次即需停止。
4. 評分標準以「語音(發音及聲調)」占50%，「氣勢(句讀、語調、文氣)」占30%，「儀態(儀容、態度、表情)」占20%。
5. 比賽時，禁用麥克風。

六、獎勵辦法

1. 依據總分排序，取前三名，於公開場合頒發獎狀一幀，並記嘉獎乙次，以資鼓勵。
2. 於本次比賽中，第一名同學得代表忠信學校參加新竹縣110年度國中英語競賽活動之朗讀比賽項目，並應接受培訓計劃。

七、參賽報名表如附。

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編號 1: The History and Modern Uses of the Quick Response Code

編號 2: The Secrets to Happiness

編號 3: The Heart of a Champion

編號 4: Amy's Halloween Secret

編號 5: Having Fun with Change

編號 6: The Bell That Knew the Truth

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編號:1

The History and Modern Uses of the Quick Response Code

Cleverly designed and extremely useful, QR codes are everywhere. But for something so common, how much do you know about them?

The QR code's horizontal and vertical arrangement of white and black squares was inspired by the board game Go. The code itself was invented in 1994 by a Japanese company as a replacement for bar codes to track items in factories. At the time, bar codes were difficult to scan, didn't work when damaged, and didn't contain much data. The QR code improved on the bar code in almost every way.

Unlike bar codes, a QR code can be scanned from any direction or angle. This is because it is designed with a small box close to one corner and three bigger boxes in the other corners to indicate which way the QR code should be read. In addition, even if part of the code is damaged, it can still be read because the data in a QR code is repeated. Lastly, by containing data both vertically and horizontally, QR codes can carry hundreds of times more data than bar codes.

The QR code has come a long way since its invention. Now, anyone can create their own QR code, and most smartphones can read them. This has led to companies using QR codes in fresh and interesting ways.

Many people already use QR codes to safely buy items with their phones or to add their friends' Line or Facebook. However, QR codes are also used as ID tags for pets. With a scan of your phone, you can find out the pet's name, important data, and how to contact its owner. Along the same lines, Japanese people are putting QR code stickers on senior citizens suffering from dementia to help them get home in case they get lost. Other uses include: taking out money from ATMs with a QR code instead of a card or PIN, using QR codes as paperless train or plane tickets, and accessing patients' medical histories with QR codes.

It's amazing to think that the QR code began as a simple replacement for bar codes. With so many new ways to use them, who knows what they'll be capable of soon?

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The secrets to happiness

We all know that money can't buy happiness, but many times we act as if we'd be happier with a bit more money. We are conditioned to want to be rich when we know the rich aren't happy either; we are trained to want the latest gadget or style that television tells us to want; we want to earn more money because then we'll have the good life.

But none of that will bring us happiness. No matter how much we earn, no matter how much we have in the bank, no matter how nice our clothing or cars or toys, none of it will make us happier. And the sad thing is that it could take us decades of pursuing wealth and luxury items before we realize this.

So what will bring us happiness? Luckily, it's three things that don't cost a thing. These three things have been proven by research — surveys of hundreds of thousands of people about what they have, what their lives are like, and how happy they are.

Here they are, the Three Secrets to Happiness:

1. Good relationships. We have a human need to be close, to be intimate, with other human beings. Having good, supportive friendships, a strong marriage or close and loving relationships with our family members will make us much more likely to be happy. Action steps: Take time, today, to spend time with your loved ones, to tell them what they mean to you, to listen to them, and develop your relationship with them.

2. Positive thinking. I'm obviously a big proponent of positive thinking as the best way to achieve your goals, but it turns out that it can lead to happiness too. Optimism and self-esteem are some of the best indicators of people who lead happy lives. Happy people feel empowered, in control of their lives, and have a positive outlook on life. Action steps: Make positive thinking a habit. In fact, this should be one of the first habits you develop. Get into the habit of squashing all negative thoughts and replacing them with positive ones. Instead of "I can't" think "I can". It may sound corny, but it has worked for me, every time.

3. Flow. This is a popular concept on the Internet these days — the state we enter when we are completely focused on the work or task before us. We are so immersed in our task that we lose track of time. Having work and leisure that gets you in this state of flow will almost undoubtedly lead to happiness. People find greatest enjoyment not when they're passively mindless, but when they're absorbed in a mindful challenge. Action steps: Find work that you're passionate about. Seriously — this is an extremely important step. Find hobbies that you're passionate about. Turn off the TV — this is the opposite of flow — and get outside and do something that truly engages you.

You've been given the Three Secrets to Happiness. Don't waste them!

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The Heart of a Champion

The starting gun sounds in the stadium with a loud bang! The crowd watches the UK's Derek Redmond take off, and many think he has a good chance of winning the race. Years of training and dedication have brought him to this moment: a four-hundred-meter race at Olympics in front of a crowd of 65,000. He has his heart set on winning a gold medal. Four years ago, he was forced to miss the Olympics due to an injury, but now this is his moment. This is his time to show the world what he can do. One hundred meters. He's hungry for success. Now he must speed up. He races ahead of the others, and the medal feels closer with every step. One hundred and fifty meters....

Suddenly, the muscles in his leg feel like they are on fire. The pain is unbearable, and he grabs his powerless limb in horror. Immediately, he realizes what has happened: his right hamstring is completely torn. All eyes in the crowd are on him, watching him collapse to the ground in pain. In spite of starting off strong, he has now lost both the race and his dream.

Within seconds, medical staff members rush to his side. But before they can reach him, Derek slowly and painfully rose to his feet. Somehow, he finds the courage to keep going. Somehow, he finds the strength to finish the race. In tears, he hops toward the finish line. He doesn't even hear the officials trying to stop him. The whole stadium stands and cheers in support. There's only one thing on his mind: finish the race despite the awful pain. Nothing else matters.

As he keeps moving forward, Derek suddenly feels a familiar arm around him. Derek's father, Jim, has run down from his seat in the stands and has made his way past security guards and officials. No one can stop him from helping his son. With tears in his eyes he says, "You don't have to do this, son! You're already a champion. You've got nothing to prove."

"Dad, I have to finish this!" is all that Derek replies.

"In that case, my boy, we're going to finish this together!" his father said.

Arm in arm and in tears, the Redmond's struggle toward the finish line in one of the greatest moments in Olympic history. Pride, courage, and a father's love carry them through as 65,000 emotional spectators watch in admiration and respect. The people of the world have seen someone fall and rise again- despite the disappointment, despite the pain. They have seen the heart of a champion.

-Written by JJ Liu

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Amy's Halloween Secret

It was almost October 31, and Amy was excited. Halloween was her favorite day of the year. She found it more fun than Christmas, because she got so many more presents, in the form of candy. And

she also found it more fun than her birthday, because on Halloween, everyone dressed up and had a party, not just Amy!

Amy was also excited because she had just moved to Brooklyn, in New York City. Her mother had been hired as an English professor at a nearby university, so Amy, her mom, and her dad had packed up their things in St. Louis, Missouri, and moved their lives to the East Coast. Amy had heard a lot of things about New York City and wondered what Halloween in Brooklyn was like. Did the kids dress up and go trick or treating, like they did in St. Louis? Did parents hand out candy, or did they only have healthy treats? What kind of costumes did people wear? Amy was impatient to find out; thank goodness it was already October 29!

On the 31st, Amy rushed home from school, and found her costume laid out on her bed, all ready to wear. Her mom had stayed up late the night before working on it. Now it was ready, and it looked perfect! Amy loved the Winnie the Pooh stories, and this year, she was going to be Tigger, the bouncy, happy tiger. Her mom had found the perfect orange and black fabric for her costume, which also matched with the orange and black colors of Halloween.

After Amy's mom had painted whiskers on Amy's face, the two of them set off to explore the neighborhood. Amy's mom had cleverly sewn a pouch into the Tigger costume, where Amy could store her candy. They went around her block and then ended up near a park, where a lot of kids were playing in their Halloween costumes. A small house stood at the center of the park. Amy wanted to go closer and investigate. A plaque next to the house said this was the "Old Stone House," built in 1699.

"That's more than three hundred years ago!" Amy said to her mother. "Does anyone live there now?"

"It's Halloween," her mother said. "I think we should knock on the door and find out!"

Amy was a little nervous, so she held onto her mother's hand as they walked up to the door. They knocked. No response. Amy tried again, this time more loudly. She thought she heard voices inside. Children's voices?

Amy tried pushing the door open and was startled when it moved! Why wasn't the house locked? Who was inside it? Still clutching her mother's hand, Amy began exploring. "Hello?" she called out. "Anybody home?"

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Silence.

"Trick or treat?" she tried.

Amy and her mother walked all around the house, upstairs and downstairs. It was dark, and there were no light switches. It was hard to make out much detail, but Amy could imagine that a family had lived there three hundred years before. There was clearly no candy to be had, so they decided to leave. Right as Amy was shutting the door, she swore she saw a little girl, very pale, run past her in the living room. "Come back soon!" the girl whispered to Amy, which gave Amy the chills.

"What's wrong?" her mother asked her.

"Oh, nothing," Amy said. She decided that the ghost girl in the Old Stone House would be her Halloween secret.

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Having Fun with Change

Most people have habits or behaviors that they would like to change for the better. However, such changes are not always easy to make. So how can we make people more eager to take action and make positive changes? Fortunately, the answer, which is quite simple, is to let them have fun!

Let's look at a very common part of daily life: crossing the street. People often ignore the "red man" light signal, which tells them not to cross. This can cause accidents. To improve road safety, a car company put up a new kind of traffic light at an intersection in Lisbon, Portugal. Instead of standing still, a new "red man" started to dance when the light turned from green to red. The red man's dance moves were actually begun performed by a person in a nearby booth. Anyone could enter the booth and choose the music that he or she wished to dance to. This was really fun for both the dancer and the pedestrians. Thanks to this creative idea, 81% more pedestrians followed the law and stopped at the red light. It was by adding a little bit of fun to this daily routine that this experiment turned out to be the perfect way to make people enjoy waiting for the green light.

At a crowded subway station in Stockholm, Sweden, another fun twist was added to daily life. An experiment was conducted with the goal of having people use the stairs rather than the escalator. In the experiment, ordinary stairs were changed to look like giant piano keys, and each of them would actually produce a sound when it was stepped on. Before this, people would avoid taking the stairs, going straight for the escalator. But after the change was made, many chose to climb the stairs because the giant keys looked so interesting that they were willing to do so. Some even jumped from one stair to another to play music with their feet! Guess what! The number of people who chose the stairs over the escalator went up by 66%. People were motivated to change their habit simply because climbing stairs was now more exciting!

People can add an exciting spark to their daily routines in many creative ways. When ordinary activities become more interesting, most people are happy to join in the fun. The rewards of these changes can be big or small; the important thing, obviously, is that they promote positive behavior and help to make people smile.

-Written by Geoffrey Oxley

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The Bell That Knew the Truth

Long ago, on the southeastern coast of China, there lived a wise judge named Chen. He was known not only for his great sense of justice, but also for his clever solutions to difficult problems. This is the story of one of his most famous trials.

There had been a robbery in Judge Chen's village. The sheriff and his men questioned several suspects, but they couldn't figure out who was guilty. So, they brought the men before Judge Chen, hoping he could solve the mystery.

Most of the villagers packed the courtroom to see how Judge Chen would handle the problem. Much to everyone's amazement, he didn't ask the suspects a single question. Instead, he ordered, "Fetch the bell from our local temple. It has magical powers. With its help, I will determine who the thief is."

The bell was soon brought into the courtroom and placed behind a curtain. Judge Chen then addressed the court. "This bell will now conduct the trial. It has the ability to tell the guilty from the innocent. If an innocent hand touches the bell, nothing will happen. However, if the hands of a thief touch it, it will ring. I want each suspect to step forward, place his hands behind the curtain, and touch the bell. Those who are innocent have nothing to fear."

Although it seemed unlikely that a bell could have magical powers, the spectators in the court kept silent. When they had doubted Judge Chen in the past, he had always proven them wrong.

One by one, the suspects put their hands behind the curtain. The tension in the room grew as the bell remained silent. Finally, the last man put his hands behind the curtain and then removed them. Still, the bell made no sound.

There was a great uproar in the court. The people wondered if their wise judge had made a mistake and the bell wasn't magical after all. On the other hand, maybe the bell didn't ring because all the suspects were innocent.

Judge Chen raised his hand to quiet the courtroom. "Order in the court! This trial is not yet over." He then turned and spoke to the suspects. "If you are innocent, raise both hands." Though it seemed like an odd command, all the suspects did as he ordered. Judge Chen then pointed to one man and said, "This is the thief!"

"But the bell didn't ring when I touched it!" the man protested.

"It is true that the bell didn't ring," replied Judge Chen. "However, it's also true that you are guilty. We now have proof that you did not touch the bell, for it was covered with ink. All the

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other suspects obviously touched it, since their hands are dirty. It was your clean hands that gave you away. You were afraid the bell would ring if you touched it. The bell may not be magical, but it did tell the truth." The thief was then led away. Once again, the people marveled at the great wisdom of Judge Chen.