

The Model and Contents of Leisure Education: A Framework for the Nine-Year Integrated Curriculum

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【 Abstract 】 In 2001, the five-day workweek plan was initiated in Taiwan. In order to have a quality life, it is necessary for the government to implement leisure education into our educational system. First, this paper presents the concepts of leisure as well as the definition and goals of leisure education in order to establish a foundation of promoting leisure education. Second, after reviewing previous literature, the researchers propose new models and content for leisure education that combine with the six-issue, seven-discipline and ten basic skills of the Nine-Year Integrated Curriculum as a reference to promote leisure education implementation.

【 Keywords 】 Leisure, leisure education, nine-year integrated curriculum

智慧藏 壹、前言

由於台灣的自然資源較為缺乏，在未來全球的競爭能力比較上，最大資產將是高素質的國民，因此教育環境的改善與教育品質的提升，就成為重要的課題（行政院教育改革審議委員會，1994）。以國民教育為例，為解決傳統中、小學課程缺乏彈性與統整的問題，教育部依據行政院核定之「教育改革行動方案」，進行國民教育階段之課程與教學革新，以九年一貫課程（以下簡稱新課程）之規劃與實施為首務。並於九年一貫課程綱要中明定：國民中小學之課程理念應以生活為中心，配合學生身心能力發展歷程；尊重個性發展，激發個人潛能；涵泳民生素養，尊重多元文化價值；培養科學知能，適應現代生活需要（教育部，2001）。

政府自民國八十七年初開始推動隔週休二日的制度以來，一股休閒風潮因運而生。