

活力寶寶

透過遊戲、故事和多感官的活動，讓幼兒探索和認識身體，培養運動素養，促進大腦神經原的開啟，發展專注力、協調能力和平衡力等，奠定運動發展基礎。

課程內容：

- 1 以螺旋式教學，讓幼兒學習 6 個基礎運動核心技能（投擲能力、敏捷感、追跑定向、速度感、跳躍能力和操作性動力）。
多元化感統活動：透過循環遊戲和新興運動（如：布袋球、法式滾球、氣球
- 2 排球和圈網球等），培養幼兒對運動的興趣，促進感統發展。

Fitness Fantastic

Through games, stories, and multisensory activities, children explore and understand their bodies, developing physical literacy and stimulating neural pathways. They cultivate skills like focus, coordination, and balance, laying the foundation movement skill (FMS) development.

Course highlights:

- 1 Spiral teaching approach for six FMS (throwing, agility, running orientation, speed, jumping, and operational power).
- 2 Diversified sensory activities: Interactive games and emerging sports (e.g., Cornhole, Pétanque, Balloon Volley, Ring Tennis) nurture children's interest in physical activities and enhance sensory development.

