

# 活力運動新星

透過多元化的運動訓練和感統訓練，讓幼兒體驗多種運動項目，提升多元運動智能，促進專注力、腦部發展和情緒穩定，同時奠定基礎運動核心技能發展。

課程內容：

- ① 以螺旋式教學，讓幼兒學習 10 個基礎運動核心技能。
- ② 多元化的運動項目：讓幼兒體驗不同運動的樂趣，同時學習聆聽指令、遵守比賽規則和培養體育精神。
- ③ 專項運動技巧訓練：針對不同運動項目，進行系統性的技巧訓練，如田徑徑賽的接力規則等。
- ④ 新興運動：如國皇棋、法式滾球、躲避盤、氣手毬和圈網球等，培養幼兒對運動的興趣，促進感統發展。



## Active Sports

Through various physical training and sensory integration; children can experience various sports, develop bodily-kinesthetic intelligence, enhance concentration, foster cognitive development and emotional quotient, while also laying the foundation for Fundamental Movement Skills (FMS) development.

Course highlights:

- ① Spiral learning allows children to learn the 10 FMS.
- ② Children participate in various sports, learn to listen to instructions, and develop sportsmanship.
- ③ Developing skills for participating in different sports.
- ④ Through emerging sports such as AKUBB, Pétanque, Dodgebee and Ring Tennis, children's interest in physical activities is nurtured while enhancing their sensory development.