

# 幼兒滾軸溜冰

滾軸溜冰可增強幼兒自信心，體驗成功感和挫敗感，學習群體生活，提升專注力，訓練平衡力和手腳協調能力，同時也能增強胸肺功能。

學習範疇包括：

- 1 基本動作，如站立、前進、後退、轉彎和停止等
- 2 平衡和協調
- 3 滑動姿勢
- 4 滑行技巧
- 5 安全意識

## Roller Skating Fun

Roller Skating enhances young children's self-confidence and provide opportunities to experience both success and setbacks, promotes social interaction, improves focus, develops balance, and enhances hand-foot coordination. Additionally, roller skating can also help improve cardiovascular fitness.

Course highlights:

- 1 Basic movements such as standing, forward and backward motion, turning, and stopping.
- 2 Balance and coordination.
- 3 Sliding postures.
- 4 Skating techniques and skills.
- 5 Safety awareness and precautions.

