

停課不停做運動

停課留家期間，校方鼓勵學生繼續在家中進行各項簡易的體能活動，並在記錄表中自行記下每天的活動內容和統計活動時數。

低年級的建議活動：原地跳、原地跑、開合跳、拋接小球或軟身物件、跳舞、呼拉圈等

高年級的建議活動：高抬腿、仰臥起坐、深蹲、跳舞、呼拉圈等

2020 年 3 月						
星期日	星期一	星期二	星期三	星期四	星期五	星期六
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

2020 年 4 月						
星期日	星期一	星期二	星期三	星期四	星期五	星期六
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

Class stops, physical activities don't

During class suspension, students are encouraged to do different physical activities at home. Then, students have to fill in the type of activities and the responding time in the following record.

Suggested activities for junior students: sargent jump, spot running, jumping jack, throw and catch with small balls or soft objects, dance, hula hoops, etc.

Suggested activities for senior students: curl up, high knees, squats, dance, hula hoops, etc.

March, 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April, 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		