



金巴崙長老會青草地幼稚園

Cumberland Presbyterian Church Green Pasture Kindergarten

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校訊
第十期
07/2022



體適能文章分享



有家長以沒時間為由，認為運動時間會耽誤課業的學習、擔心孩子顧著玩會靜不下來上課、念書。「運動與兒童全人發展」研討會提供了最新的趨勢和做法，啟發現場教學對「身體素養（或稱運動素養physical literacy）」觀念的思考，以及落實身體活動跨領域整合的做法。

全人發展，身體素養是重要核心

學者一致強調，運動不應只是想到醫學或減重，而是要考量全人的發展，在家庭或課堂中都可以從引導孩子認識自己的身體和肢體動作開始。值得注意的是，身體素養強調的是對自我身體的覺醒，除了身體靈活或肌肉控制，還包含學習動機、認知能力、情緒管理等心智和社會人際各個面向的生活能力。

科學證據：運動健腦、健身、安定情緒

1. 運動，讓大腦運作更活絡

越來越多研究證實，運動可強化大腦的連結；透過運動，會讓大腦運作更活絡。許多實驗結果顯示，運動有效提升正常學童、學習障礙學童在注意力、記憶力、認知控制能力、高層執行功能（如：推理、規劃、解決問題）等方面的表現，實驗一結束都能看到效果，而且經過一段時間，仍然可以持續觀察到運動所帶來的成效。運動，只要開始，就會有效益，而且是愈早養成習慣越好。

2. 適度運動有益專注和情緒安定

運動不但能讓人精神飽滿，也可以增進孩子的專注力與情緒的安定性。因為運動可以緩衝我們所遭遇的壓力，並減輕壓力帶來的不適；運動時也比較能專注在當下的感受，覺察身心的變化，避免沉溺在不愉快的經驗裡，或擔憂尚未發生的事情。研究指出，透過身體活動有助於維持高度專注，當整個身體覺醒提高之後，孩子就可以更專心。不過，身體覺醒過頭也會有反效果，例如：當你緊張或情緒太激動時，專注力是無法集中的。

3. 運動幫助孩子改善自我控制能力

不少老師和家長發現，有注意力缺陷過動困擾的孩子變多了，除了管教問題、甜食吃太多等多種可能因素外，大腦裡的多巴胺和血清素分泌不足是重要原因。運動會讓多巴胺和血清素快速分泌，所以比較難控制的小朋友在做完運動之後，他們的自我控制會變得比較好，但這種濃度約1小時就不見了，甚至有的只有半小時，必須每天運動，才能持續保持高濃度。而藉由運動遊戲的過程中，孩子會互相學習，自我抑制、調節的能力也能從學習或同儕互動之間強化。

4. 多樣性的活動有益認知發展

許多文獻顯示，孩子每天至少要有60分鐘的身體活動；小時候重要的是透過多樣性的活動，讓動作技能得到良好的基礎，這與認知發展也很有關係。透過活動設計，孩子能在看似簡單的遊戲中，做到自我控制、把遊戲規則記住、彈性地把一個行動切換到另一件事，於是能力就增進了。執行功能發展得好，創意和解決問題的能力會提升，人際關係也會更好。

5. 感受正向才能鼓勵孩子持續活動

體能活動的設計會影響到孩子參與的動機，設計時活動要多元、並讓孩子參與，注意孩子的感受，提供友善的環境，讓他們玩得開心，享受活動。由於心理需求可預測運動能否持續下去，只要一開始感覺正向，就容易有成就感，就有動機持續做下去。

親子一起動起來，是最好的學習助力

無論是在任何情況下運動，學者都主張「要讓孩子快樂」，運動不只是放在學校有限的體育課程時間裡，家庭、社區、學校和社會要一起建構整個環境。

信誼基金會董事長張杏如強調，父母家庭是孩子最重要的一個環境，專家學者用研究告訴我們知識，給的是原則和範例。但專家也一再提醒，父母才是最了解孩子的，父母要找到適合自己孩子的方法，父母帶著孩子找朋友、找家庭一起玩，在社區中友伴一起來活動，遠比去健身房跑跑步機要好得多。在遊戲活動中，自然地學習到很多生活能力，陪伴孩子走向未來。

資料來源：整理報導 / 黃美淵
(信誼「運動與兒童全人發展」國際研討會摘錄)
信誼好好生活誌2019年7月號

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Physical Fitness Article Sharing

There is often a fine line for parents between encouraging and supporting their children in sports and having extreme, sometimes unrealistic, expectations.

The message I took from my parents was that I needed to find something about which I was passionate, and then develop my own magic, through self-determination, dedication, and desire. I may not have always succeeded as a youth athlete in doing that, but it is clear to me that my parents' values formed a solid foundation for my early life choices and experiences.

Avoiding the expectation game

Based upon my experiences as a daughter, a mother and sports psychologist, here are five tips for parents on ways to avoid getting caught playing the expectation game and to support your kids in sports in positive and constructive ways:

1. Define core family values

Defining family values may be as straightforward as communicating to your child that sport reflects life, and that maintaining core family values while playing sports is essential. For example, integrity, resilience, teamwork, kindness and commitment are some core values that may already be reinforced in your family culture. What are your top five family values for sports? Soccer ball and parents on sideline.

2. Facilitate happiness

Be the facilitator in the process of helping your child find happiness in their sports life. Emphasize that success is their performance, not the outcome of the game. By concentrating on the process, you will avoid putting extra pressure on or setting high expectations for your child. The more your child is striving for the pursuit of excellence and letting go of the pursuit of perfection, the more satisfied they will be with their performance; they will have more positive energy and a better emotional mindset, and by letting go of the fear of failure, will be better able to actualize their full potential as athletes.

3. Instill confidence

Confidence comes from the ability to have faith and belief in one's self. Confidence is entirely different from being cocky. It is not an oxymoron for an athlete to be humbly confident. An athlete can be confident and display humility at the same time.

As your child matures, they will learn to develop confidence on their own, but before they internalize a sense of confidence, you can help instill confidence by offering them consistent, positive reinforcement. How? It may be as simple as letting them know that you believe in them.

4. Encourage passion and a healthy, competitive mindset

A goal and a plan have to be coupled with desire. Let your child know that it is okay to be competitive and passionate about a game or activity that they love. Embrace and encourage passion by reviewing what it means to have a healthy, competitive mindset. Sit down with your child and set both short-term and long-term goals. Let your child experience his or her own competitiveness - the desire and the passion to obtain something. You can help them become confident by guiding them in the process of discovering what they want. If your child can't find their desire and their passion, they won't be able to set the goals they need to succeed in sports.

5. Cultivate a positive family culture

Provide positive reinforcement by recalling for your child a good strategic move they made in a game or how they have improved a particular skill. Remind them that competitiveness is not just about winning; it's about passion and confidence. Competitiveness is the fire inside of your child, the spark that fosters creativity, artistry, persistence and the desire to improve.

A healthy, competitive perspective is a passion and confidence for excelling, exceeding, growing and achieving. It is the drive within to be stronger, better and more confident. As parents, you want your children to be happy and to bring out their very best. You can help by reinforcing what is "right" about your children on the athletic field. By doing so, you will be raising them to be successful and happy individuals who will exercise freedom and understand responsibility and expectations, not only in sports but in life.

Reference: "Five Ways To Support Your Child In Sports" By KATHRYN WILDER, PH.D



家居親子體能活動

遊戲——齊來打保齡

遊戲目標

1. 訓練孩子手眼協調能力。
2. 訓練孩子的拋投技巧。

遊戲玩法

1. 先讓孩子按他們的喜好排列塑膠瓶子。
2. 離開瓶子一段距離，用小球拋向塑膠瓶子以擊倒它們。
3. 爸媽可與孩子合力把所有瓶子擊倒。
4. 爸媽亦可與孩子比賽，看看誰能擊倒最多瓶子。

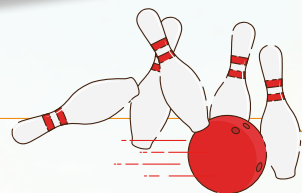
所需物資

小球、塑膠瓶子



遊戲變化

1. 把塑膠瓶子排成不同的形狀。
2. 注水於塑膠瓶子中，增加瓶子重量和擊倒的難度。



遊戲 8
Game 8

齊來打保齡 Let Us Play Bowling Together

所需物資 Materials Required

小球、塑膠瓶子
A small ball and plastic bottles.

遊戲目標 Game Objectives

1. 訓練孩子手眼協調能力。
To train the hand-eye coordination of children.
2. 訓練孩子的拋投技巧。
To train the ball-throwing skill of children.

遊戲玩法 Game Rules



1. 先讓孩子按他們的喜好排列塑膠瓶子。
Let the children align the plastic bottles according to their preference.
2. 離開瓶子一段距離，用小球拋向塑膠瓶子以擊倒它們。
Move away from the bottles at a distance and strike down all the plastic bottles by throwing the small ball against them.



3. 爸媽可與孩子合力把所有瓶子擊倒。
Parents can work with their children and strike down all the bottles together.



4. 爸媽亦可與孩子比賽，看看誰能擊倒最多瓶子。
Alternatively, parents can hold a contest with their children to see who could strike down more bottles.

遊戲變化 Game Alternatives

1. 把塑膠瓶子排成不同的形狀。
Arrange the plastic bottles into different shapes.
2. 注水於塑膠瓶子中，增加瓶子重量和擊倒的難度。
Fill the plastic bottles with water in order to increase the bottle weight and difficulty in striking down the bottles.



遊戲——齊來打保齡程序圖

資料來源：幼營喜動校園計劃 2017



學校的新老師 New Teachers in our school

大家好！我是李老師，我是高班的支援非華語學童學習中文老師。不經不覺，原來已經加入了青草地這個大家庭大半年了，短短數月已能讓我感受到青草地是一間充滿愛的幼稚園！

很高興每天都能看到小朋友開開心心地走進校園，祝福青草地的小朋友都能享受校園生活，投入不同的活動，愉快地成長。

支援非華語學童學習中文老師
李依明老師



李依明老師



關倩敏老師

大家好！我是關倩敏老師，是低班支援非華語學童學習中文的老師。很開心可以於本年度來到青草地幼稚園這大家庭，很高興本學年能夠與低班幼兒一起學習及共同成長。平日我也喜歡整甜品和做小手工，我很喜歡小朋友，期望小朋友能在老師的悉心照顧和教導下，每天健康地成長和愉快地學習，成為天父喜悅的孩子。

支援非華語學童學習中文老師
關倩敏老師



大家好，我是普通話老師——黃穎欣老師，很高興今年能夠加入「青草地幼稚園」這個充滿愛的大家庭！小朋友是獨一無二的，聽著他們純真的談話、看著可愛的臉孔，享受每次和他們上普通話課，一起唱歌和玩遊戲，見證他們的進步和成長，是我工作的能量。希望小朋友能在一個充滿愛的環境下，健康地成長，愉快地學習！

普通話老師
黃穎欣老師



黃穎欣老師



曾樂然老師

大家好，我是幼兒班的曾樂然老師，平日最喜愛看電影。很感恩能夠在青草地幼稚園裏工作，這裏有舒適的教學環境，友善的同事，又有一班可愛善良的小朋友，讓我工作時特別有幹勁。作為幼稚園老師，我最開心能見證小朋友有進步、成長，其在剛開學時小朋友的成長變化，每次想起都令我十分感動。希望日後在青草地幼稚園中，能繼續教導更多的小朋友。

下K1A班
曾樂然老師

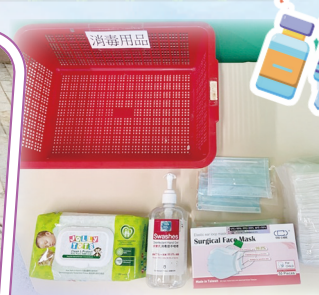


Hi everyone! This is Ms Lee from the English Teachers Team. In my free time, I enjoy travelling, cooking and spending time with my family and friends. English class has always been my favorite class since I was a young kid. I still remember how fun it was to learn English through games and playful activities and how encouraging the teacher was even when I made mistakes. Now that I've become an English teacher myself, I'd like to share my enthusiasm in English language and my positive attitude with all my students to motivate and stimulate them to learn English in a fun way as how I did. Even though it hasn't been a very long time since I joined Green Pasture Kindergarten, I'm already feeling very grateful for all the lovely children and passionate teaching staff I've met here. I'm excited and looking forward to my journey here, hoping to be a positive influence on this big family of Green Pasture Kindergarten!



Ms Lee

校園抗疫花絮



中秋節慶祝會

Mid-Autumn Festival Celebration



宗教教育

Religious Studies



校園活動花絮

School Activities Highlights

生日會

Birthday Party



親子環保聖誕吊飾設計比賽



品格教育

Character Education



K1 課堂活動花絮

Lessons Highlights



自由遊戲

Free Play



英語及普通話活動

English and Putonghua lessons



特別活動

Special Activities



集體圖工

Group Art Activities



K2 課堂活動花絮

Lessons Highlights

集體圖工

Group Art Activities



英語及普通話活動

English and Putonghua lessons



自由遊戲

Free Play



特別活動

Special Activities



K3 課堂活動花絮

Lessons Highlights



集體圖工

Group Art Activities



特別活動

Special Activities



自由遊戲

Free Play



英語及普通話活動

English and Putonghua lessons



「金巴崙長老會牧民堂」

在至高之處，榮耀歸與神

在地上，
平安歸與祂所喜悅的人

Glory to the highest,
and on earth peace, good will toward men!

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