



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 1 (Target : Age 3-5)

1	Run on spot 10 seconds
2	Start and stop running command
3	Hopping
4	Straight jump
5	Arch shape 3 seconds (superman shape)
6	One foot balance
7	Straddle sit post
8	Pencil roll (on floor / incline mats)
9	Weight on hands and support on any apparatus, show straight body shape
10	Throw and catch the ball 3 times

1	原地跑 10 秒
2	指令 (開始和停)
3	單腳跳
4	直跳
5	挺身形態3秒(超人飛)
6	單腳平衡
7	分腿坐
8	鉛筆滾
9	雙手分開支撐用具, 身體保持垂直3秒
10	拋接球3次