



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 2 (Target : Age 3-5)

1	Skipping
2	Leap or jump over the obstacle
3	Upside down support 3 seconds
4	Dish shape hold 5 seconds
5	One leg balance, one foot support to knee to horizontal (Flamingo pose)
6	Bunny jump on spot 3 times
7	Landing (straight jump off 2 layer box with 20cm landing mats)
8	Back support 5 seconds
9	Weight on hand support on apparatus show Tuck shape 3 seconds
10	Ball - both foot lift the ball and roll to on the legs

1	踏跳步
2	跳或跨過障外物
3	倒立支撐3秒
4	碟型保持5秒
5	單腳企, 自由腿曲膝90度 3秒
6	原地雙手撐地蹬腿跳 3次
7	由60cm高墊直跳下著地
8	後支撐 5秒
9	雙手分開支撐用具, 身體保持蹲腿形態3秒
10	腳腕夾球, 球沿雙腳滑下接球