



SPORTSCENE

Badges Award Scheme

體育先鋒體操章別獎勵計劃

Level 3 (Target : Age 3-5)

1	High Knee run on the spot
2	Jump in and out of the hoop
3	Body shape -sit in tuck , straddle , pike , stand with stretch and star position
4	Gymnastics pose
5	Front support 3 seconds
6	Bunny jump with travel
7	Rock back and forward with stand (sit on 20cm mats)
8	Upside down kick sideways (baby cartwheel)
9	Beam / Bench walk forward and straight jump off
10	Ribbon: Explore patterns using ribbons

1	原地高抬腿跑
2	雙腳跳入跳出
3	坐地展示團身、分腿、屈體坐形態，企直展示直體及星狀形態姿勢
4	體操比賽開始和結束示意姿態
5	正反支撐 3 秒
6	雙手撐地移動向前蹬腿跳
7	向後向前滾動站立
8	支撐側手翻形態
9	低木：前行直跳下
10	用絲帶劃出自由圖案