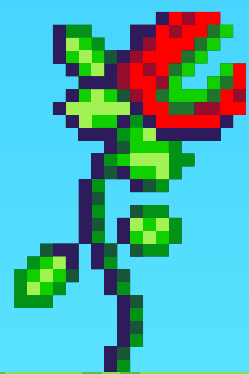


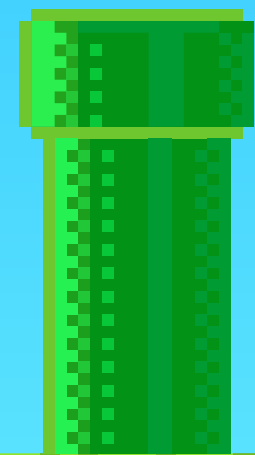
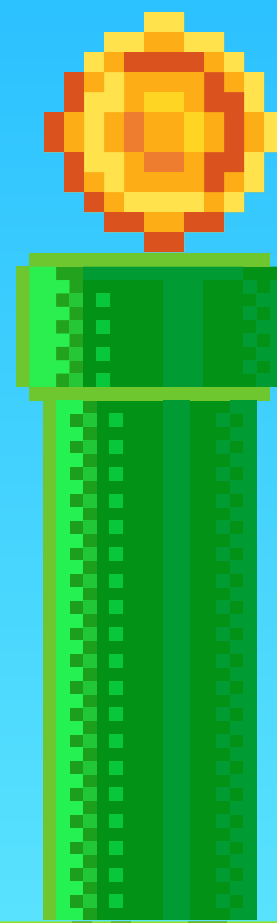
健康FUN電 一起GO!

LET'S PLAY!



定萬哥哥

舒涵姐姐

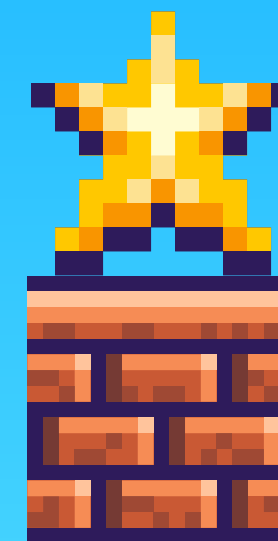


運動對健康的好處有什麼？

擁有良好的
身體

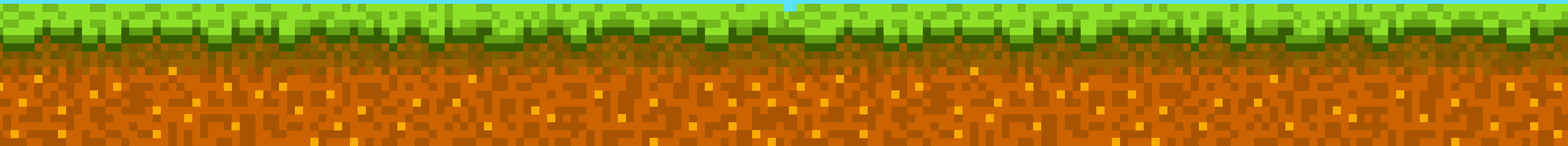
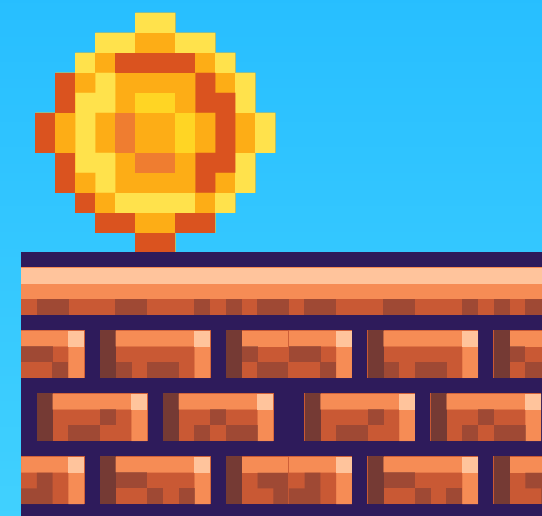
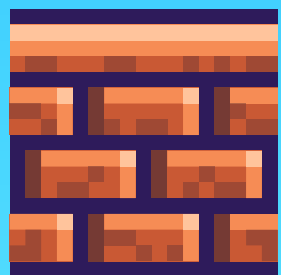
快樂！

長高！





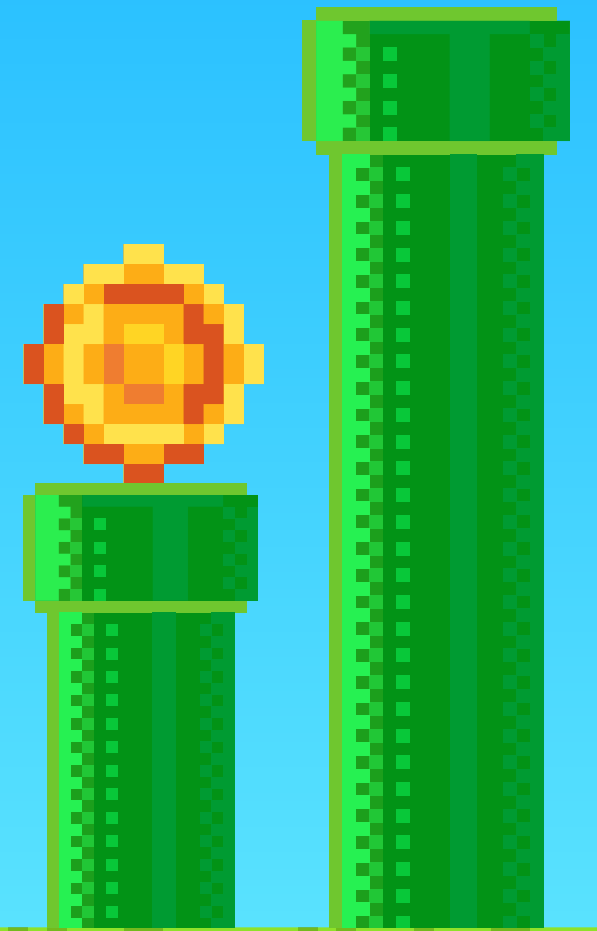
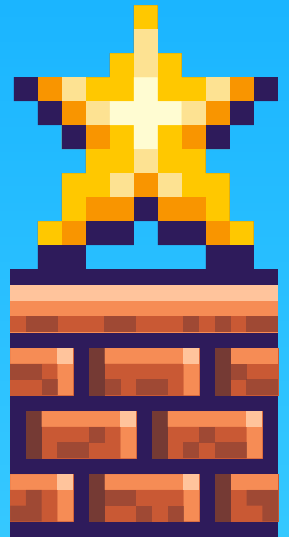
運動333？



第一個3

Answer:

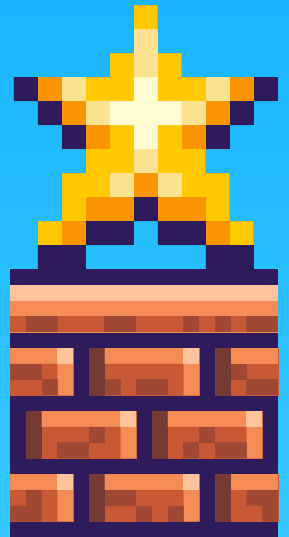
每周運動3次



第二個3

Answer:

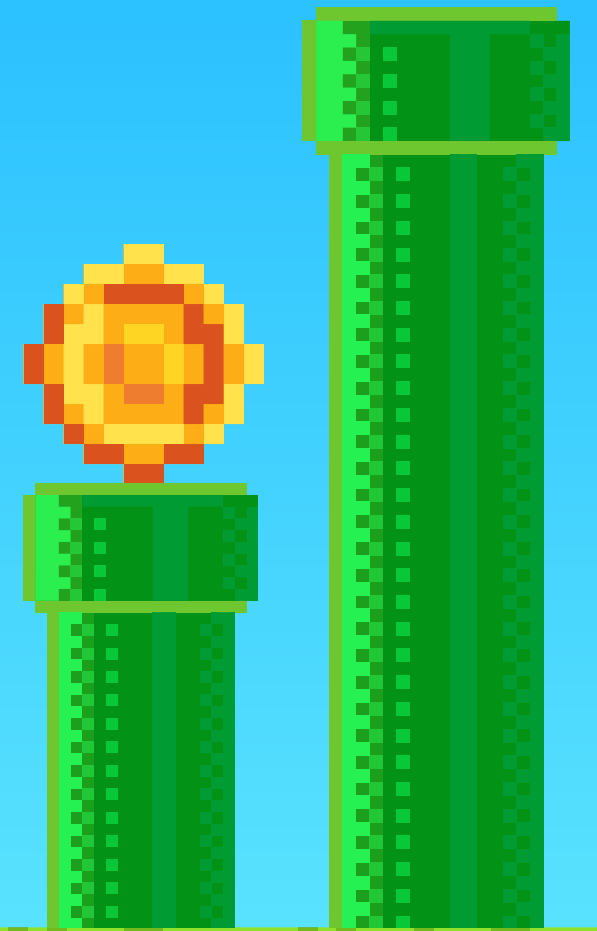
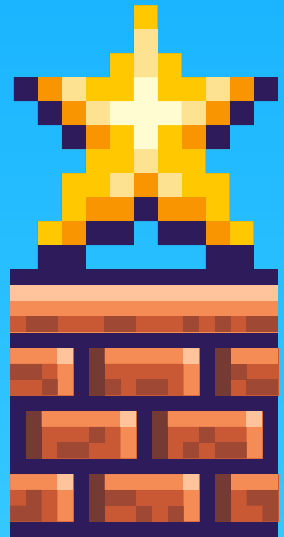
每次至少30分鐘



第三個3

Answer:

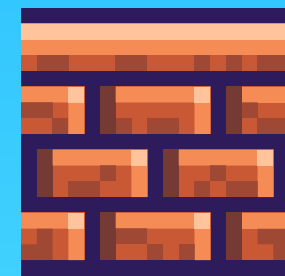
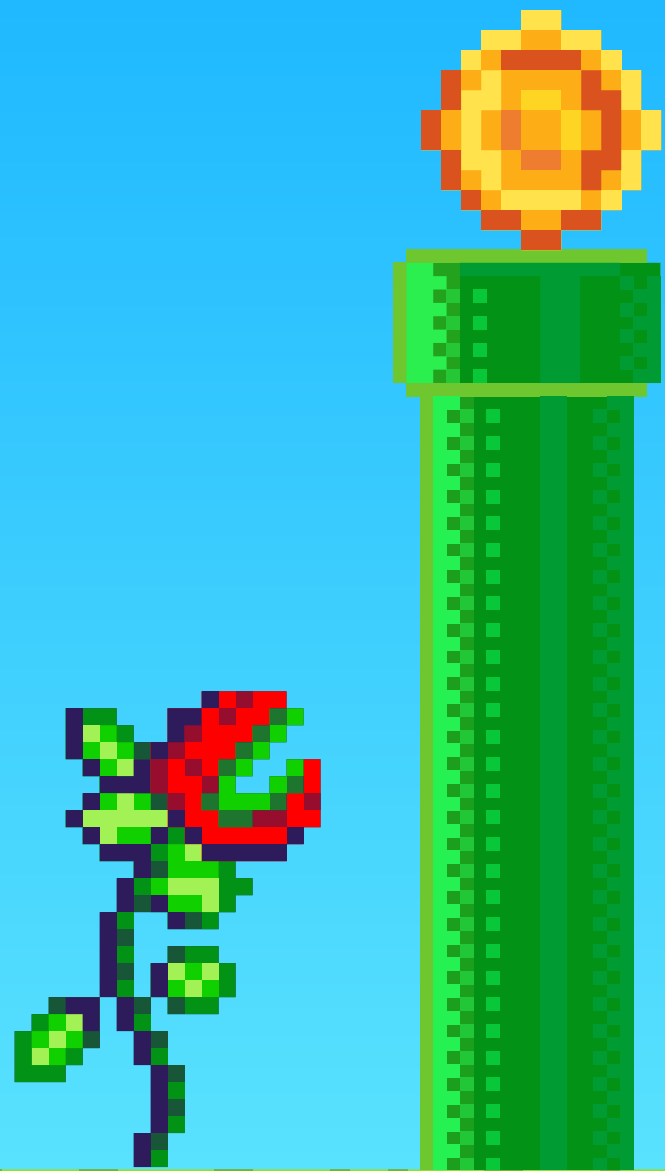
心跳達到130下



我要運動

場地怎麼選???

How?



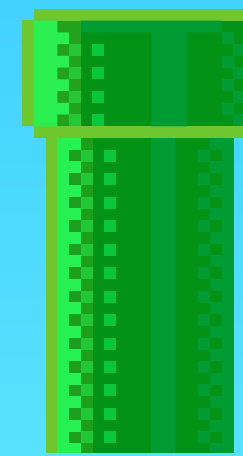
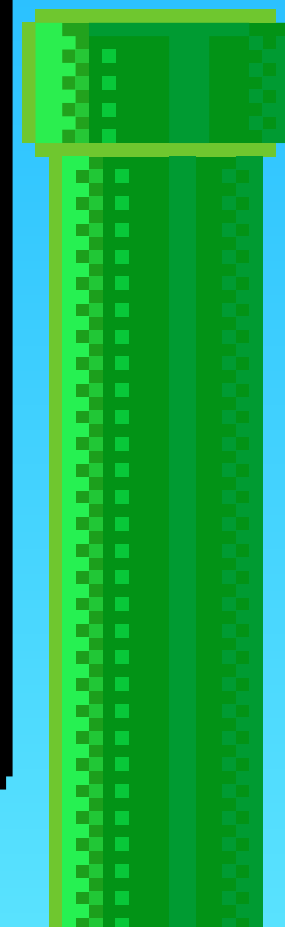
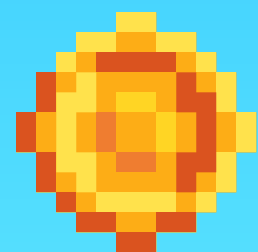
跳遠

草地

跳遠場

走廊

教室



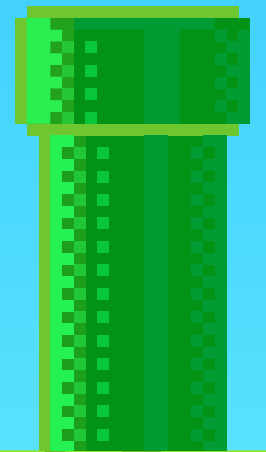
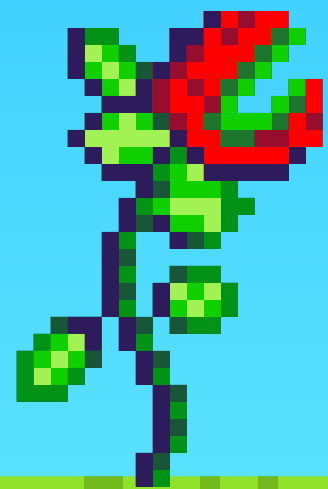
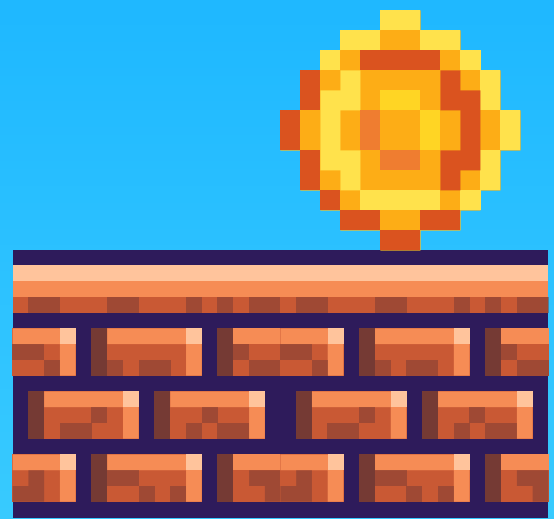
跑步

走廊

操場

教室

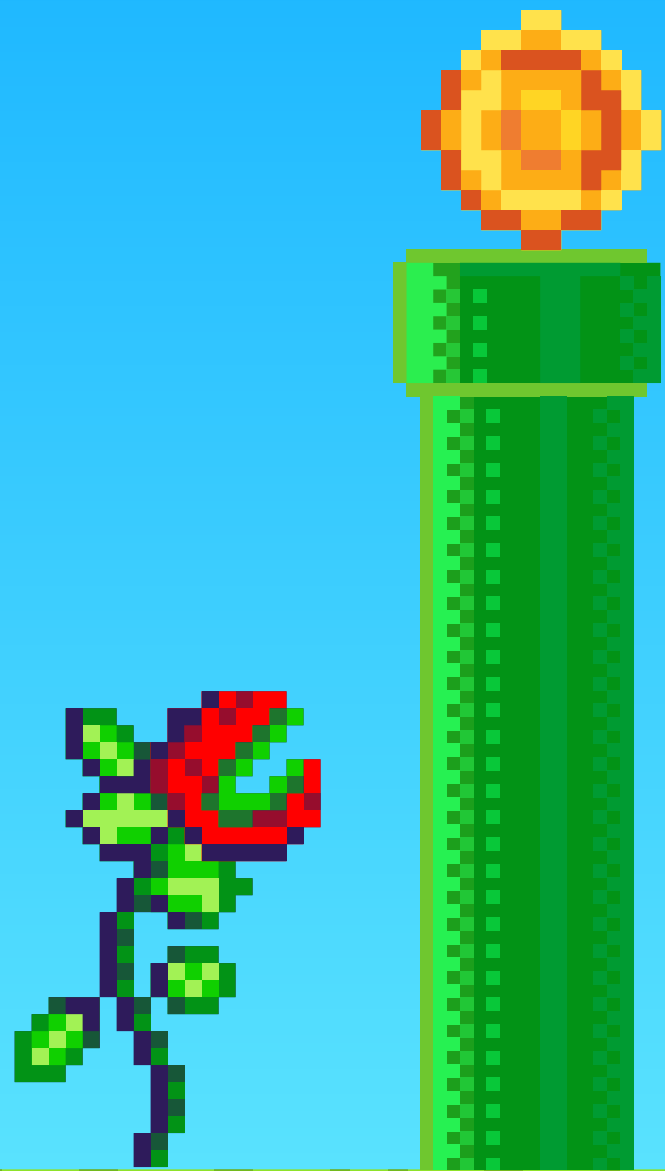
司令台



我要運動

用具怎麼挑???

How?



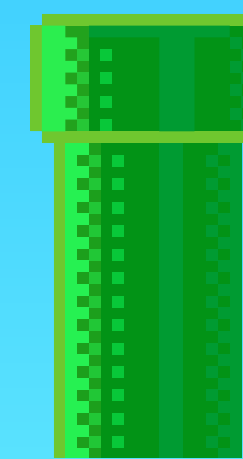
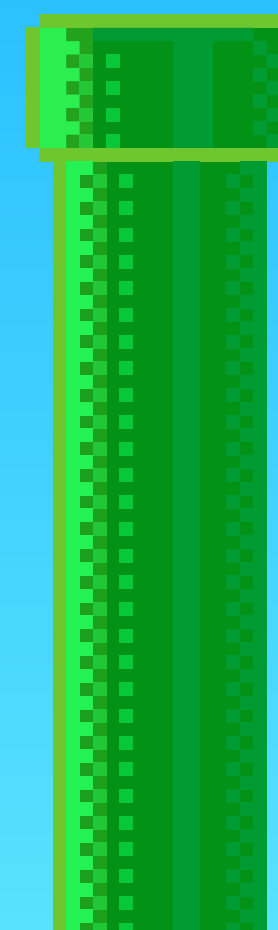
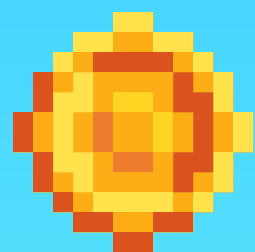
直排輪

護膝

頭盔

贏來的模型

護掌



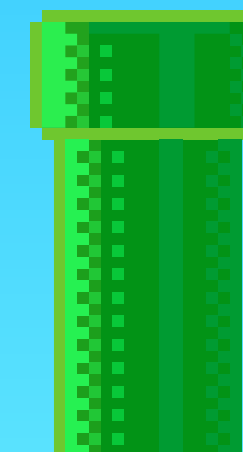
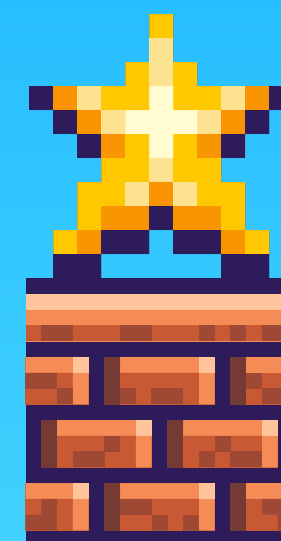
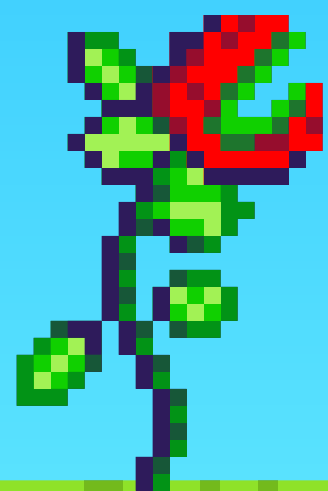
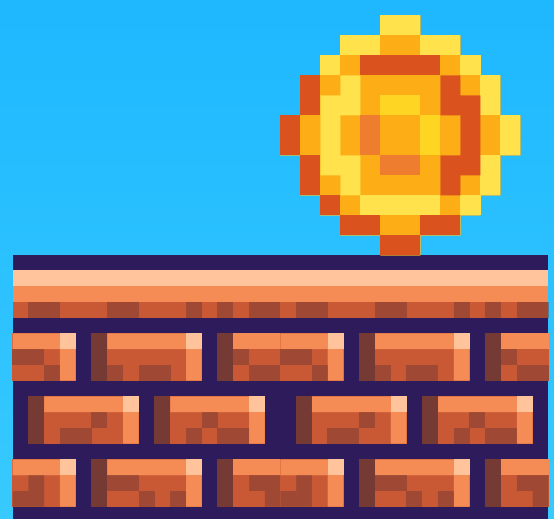
爬山

登山杖

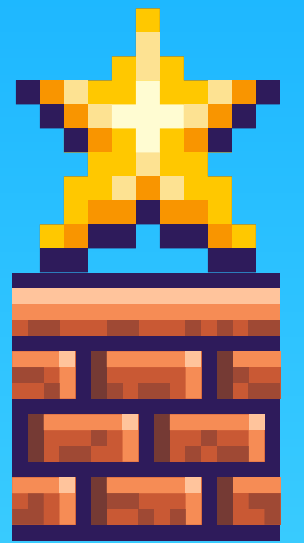
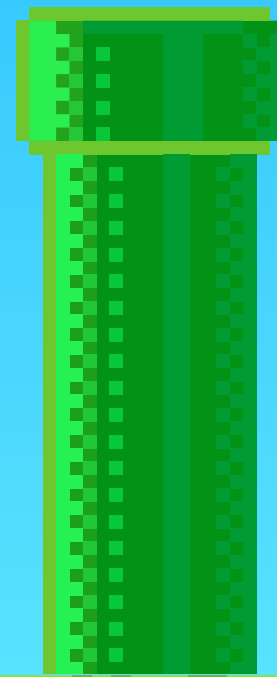
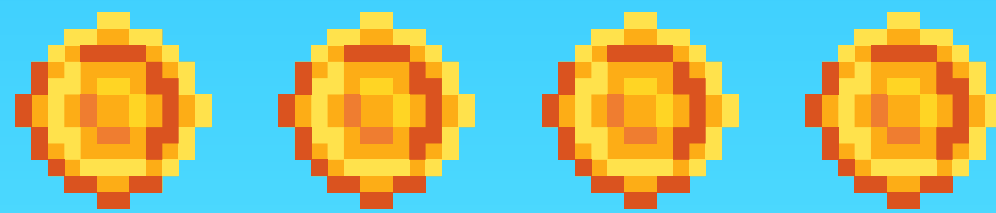
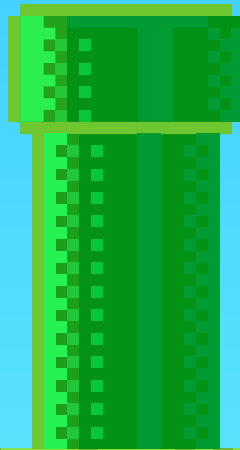
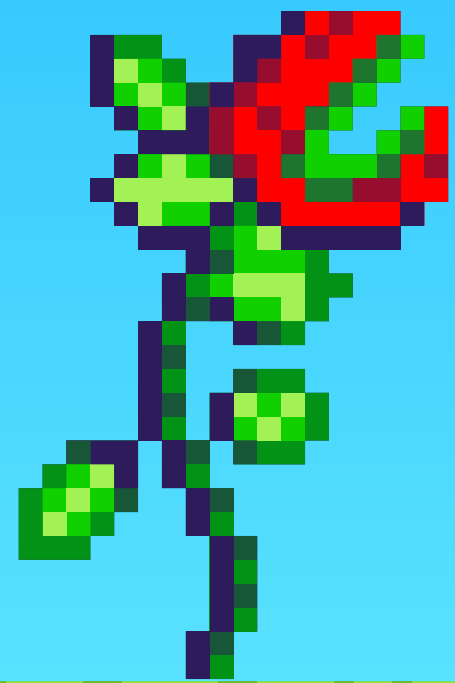
毛巾

拖鞋

漂亮的裙子

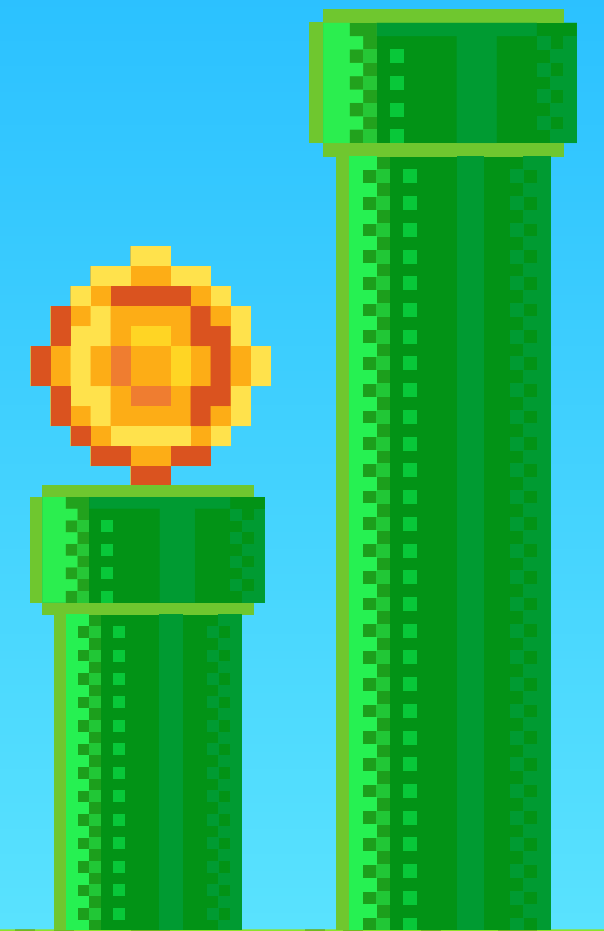
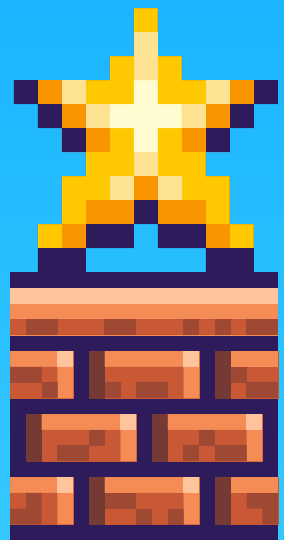


ARE YOU
READY?



運動前要暖身

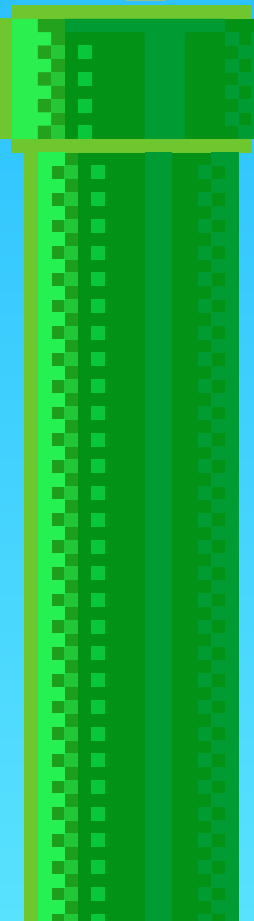
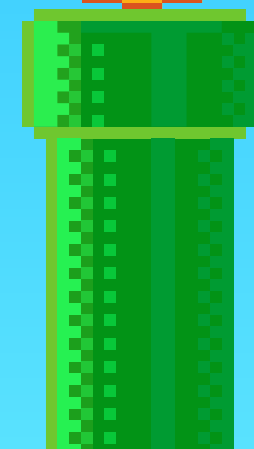
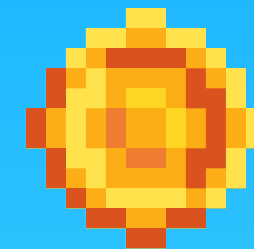
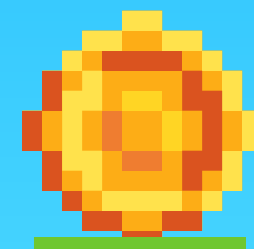
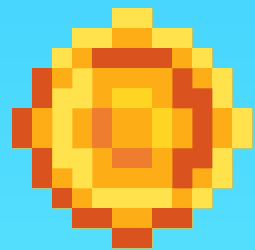
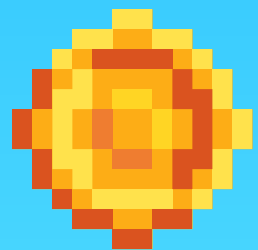
跟著前面的哥哥姊姊一起做



海要我怎樣!

規則

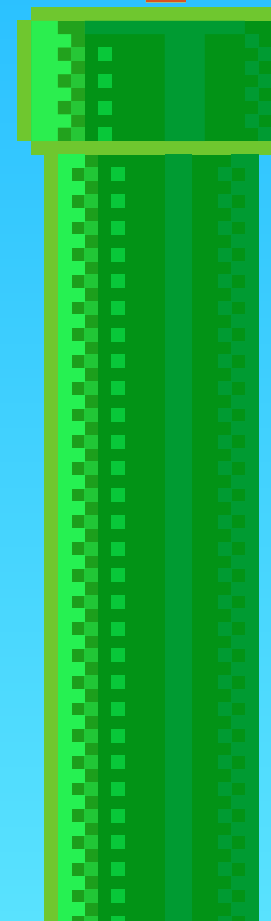
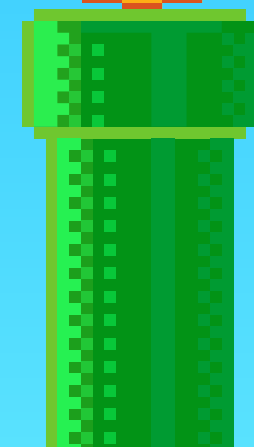
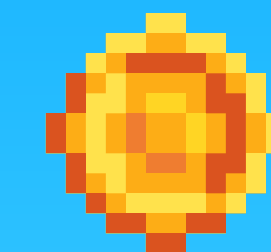
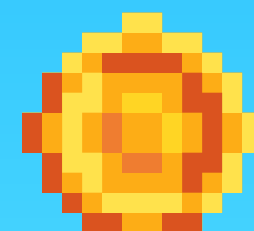
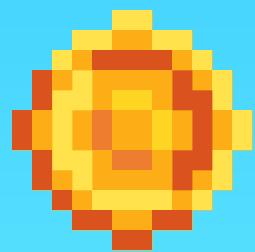
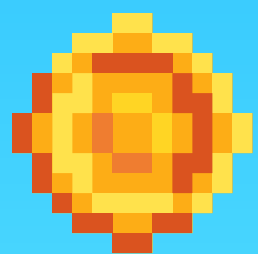
1. 20分鐘一輪[包含討論時間]
2. 一次只能拿一個東西
3. 不可以擋人家或推人家
4. 跌倒的時候馬上大聲叫
5. 亂叫的小朋友會被扣分喔



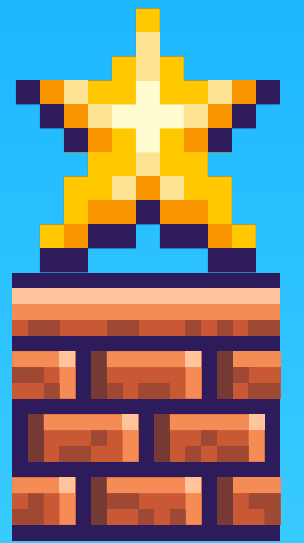
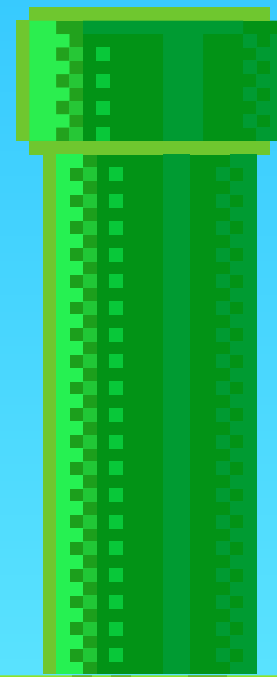
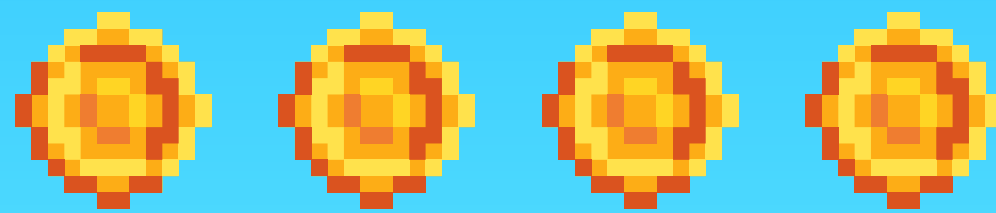
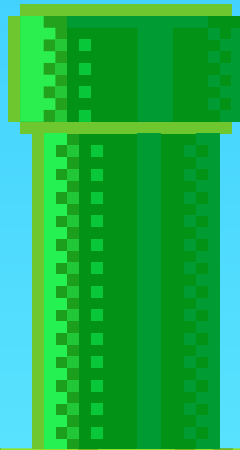
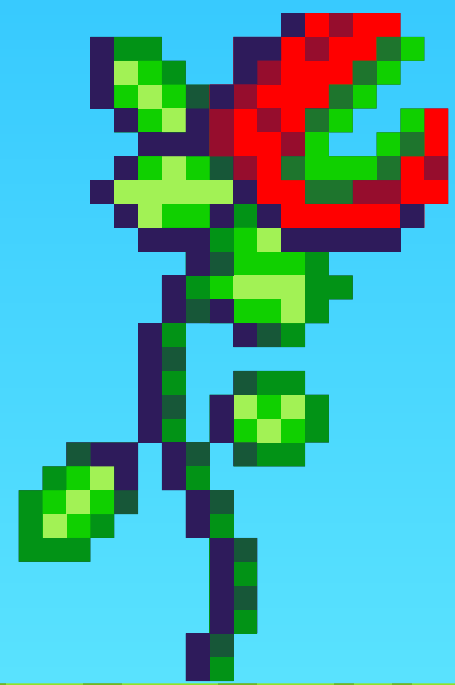
繩麼~你只跳這樣

規則

1. 一個人不可以超過100下
2. 不可以推人家
3. 跌倒的時候馬上大聲叫
4. 亂叫的小朋友會被扣分喔



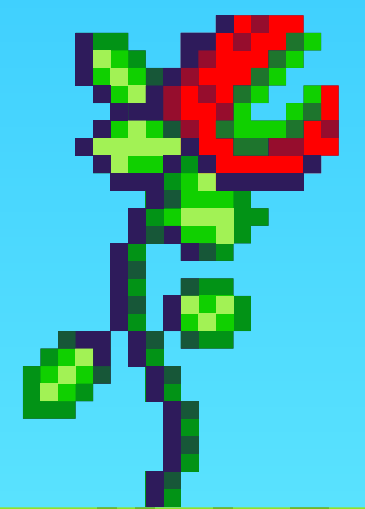
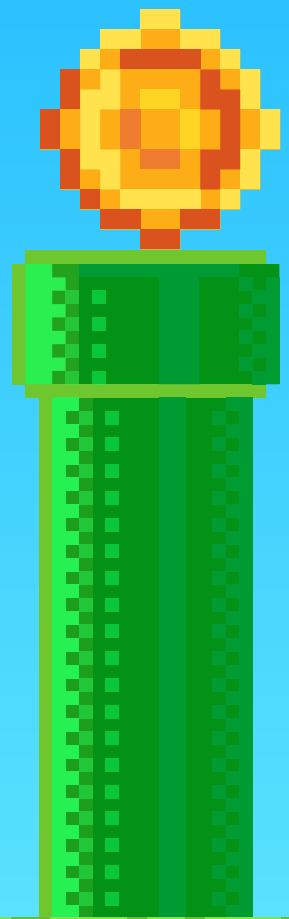
運動完要幹嘛？



開始遊戲!!!



END



參考資料

教育部體育署體適能網站
<https://www.fitness.org.tw>

