



達信會沙田區呂明才小學

我校本著「快樂人生，由健康開始」的信念，無論在策劃至實踐上都關注學生的身心靈健康成長。為了培養學生每天做運動的習慣，全校會在每天早上一同跳「健康活力千人誦經讚美形體操」及小息時設有動感運動場。同時，學校更設有十多項培養學生身體律動方面的多元智能課、選修課及興趣班。為提升學生有健康體質，本校更興建了攀石牆、足部徑及全天候恆溫游泳池供學生鍛鍊體格。本校的健康服務站特別注重以水果作健康小食，並定期向全校推廣。

本校自2004年開始組織家長醫療服務隊，並舉辦家長急救班以提高隊員的專業。此外，更為同學進行體適能測試、足背部檢查及健康測試。我們更為一些體重未符合標準的同學開辦了「健身活力Keep Fit班」。藉著「值得一讚」活動、「愛心伙伴」計劃及「Secret Angel」計劃，建立溫馨關懷、融洽有序的氣氛，培養出同學及老師之間互相欣賞的情操。

為了使學生在學校的課程內有充足的運動時數，本校的體育課增加至每巡環週四節，除了基本的體適能訓練和球類訓練外，更增添了游泳課及Physical Best新課程。

Baptist Sha Tin Wai Lui Ming Choi Primary School

We believe that "a happy life starts from good health", so we are concerned very much with students' physical, emotional and spiritual growth when planning and carrying out school policy. To bring up the habit of exercising, we perform a fitness dance named "A Thousand Healthy and Energetic People Fitness Praise Dance with Classics Recitation" every morning, and we provide active sports ground facilities at break time. At the same time, we provide a dozen of multi-element dance training, studio and interest courses. In order to improve students' health, we have built a climbing wall, a foot massage path and an in-door swimming pool for students to exercise their bodies. "Healthy Snack Food" is provided to students periodically. Our Health Service Station uses fruits as healthy snack food.

We have had a parental health care team since 2004. They have been given emergency training in order to enhance the quality of service. In addition, we provide fitness tests, foot dorsum tests and health test for students and provide suitable specific training to over-weight students, such as the "Healthy and Energetic Keep Fit Course". We have activities like "Worthy to Admire and Imitate", "Love Partnership" and "Secret Angel" which establish a warm, careful, harmonious and orderly atmosphere. These activities give opportunities for teachers and students to appreciate the good work of each other.

To give students sufficient time for exercise in school, we provide 4 additional P.E. classes every cycle. Other than general physical fitness training and ball game training, swimming and physical best classes are also added to our courses.



運動減磅是最有效的方法

