

親子家居遊戲訓練系列  
Parent-child home training game series

「停課不停學」之親子大肌肉訓練遊戲

遊戲: 【青蛙跳跳跳!】

目標: 訓練同學的動作計畫能力、平衡力、核心和下肢肌力、身體節奏、肢體協調、身體意識、視覺空間概念、給予前庭平衡覺和本體覺的輸入及調節情緒。這遊戲有助提升同學的日常生活活動的能力及大肌肉發展。良好的大肌肉發展有助同學延伸至其他技能的發展, 例如小肌肉活動及自理能力等。

物資: 10 對手印、10 對腳印、鉛筆、顏色筆、剪刀及膠紙

玩法: 家長可為子女選擇適合難度程度的玩法。按照建議的路線, 把手印或者腳印貼在地上。用跳或踏的方式來完成建議的路線。如跳錯, 要重新開始!

難度一: 腳印

難度二: 2-3 個手印及腳印

難度三: 3 個手印及腳印

\*同學在玩這遊戲時: 請注意周圍環境的安全! 請注意左右之分!

**“Suspending class without suspending learning” of  
Parent-child gross motor training game**

Game: “Froggy jump froggy jump!”

Aim: To train students’ motor planning, balancing, core and lower limbs muscles strength, body rhythm, body coordination, body awareness and visual spatial awareness. It also gives students vestibular and proprioception input, and helps regulate emotions. This game helps students to improve their daily life activities skills and gross motor skills development. Well-developed gross motor skills help students to develop other fundamental skills such as fine motor and self-care.

Resources: 10 pairs of hand markers, 10 pairs of feet markers, pencil, colour pens, scissors and tape.

Game instruction: Parents choose a suitable difficulty level of the game. Follow suggested route, stick the hand and feet markers on the floor. Use jumping or stepping to complete the suggested route. If you made a mistake, you need to start again from the beginning!

Difficulty Level 1: feet markers

Difficulty Level 2: 2-3 hand and feet markers

Difficulty Level 3: 3 hand and feet markers

\* When playing this game : Please beware of your surroundings!

Pay attention to the left or right markers!