

<<Brush your teeth>>

K3 跳躍及伸展

基礎動作範疇:

移動技能: 跳躍

穩定技能: 伸展

建議師生比例:

老師: 學生 = 1 : 20

物資:

「Brush your teeth」音樂

教學目標:

1. 能夠讓學童掌握音樂節奏及律動
2. 跟學生分享民謠

活動準備:

- 「Brush your teeth」音樂

歌詞:

Brush your teeth up and down
Brush your teeth round and round
Brush your teeth from left to right
Brush your teeth in the morning and night
Brush brush brush brush brush brush
Brush your teeth in the morning and night

Brush your teeth to keep them white
Brush your teeth so your smile is bright
Brush your teeth it's so much fun
Brush your teeth when the day's begun
Brush brush brush brush brush brush
Brush your teeth when the day's begun

Brush your teeth just open wide
Brush your teeth from side to side
Brush your teeth you sleepy head
Brush your teeth before you go to bed
Brush brush brush brush brush brush
Brush your teeth before you go to bed

Brush your teeth up and down
Brush your teeth round and round
Brush your teeth from left to right
Brush your teeth in the morning and night
Brush brush brush brush brush brush
Brush your teeth in the morning and night

主辦機構: Organized By:

捐助機構: Funded By:

賽馬會學童 KEEP 方程式 Jockey Club Keep- Formula for Children

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活動過程

故事 (熱身) 3-5MINS

- 老師先帶領學生做熱身及伸展
- 可以早上起床後擦牙、洗面、吃早餐等情節作熱身及伸展

主要活動 15MINS

- 先播放一次音樂，讓學生可以跟著唱或擺動。
 - 再逐段教授動作
- (一) 「Brush your teeth up and down」：手上下擺動
- (二) 「Brush your teeth round and round」：手畫一個大圓圈
- (三) 「Brush your teeth from left to right」：手由左向右伸展
- (四) 「Brush your teeth in the morning and night」：雙手舉高成一個「O」字，再自轉一圈
- (五) 「Brush brush brush brush brush brush」：手叉腰，扭動身體
- (六) 「Brush your teeth in the morning and night」：雙手舉高成一個「O」字，再自轉一圈
- (七) 「Brush your teeth to keep them white」：手滾動
- (八) 「Brush your teeth so your smile is bright」：開合跳
- (九) 「Brush your teeth it's so much fun」：單腳向右跳
- (十) 「Brush your teeth when the day's begun」：單腳向左跳
- (十一) 「Brush brush brush brush brush brush」：雙腳左右跳
- (十二) 「Brush your teeth when the day's begun」：蹲下，向上跳
- (十三) 「Brush your teeth just open wide」：坐在地上，雙腳由直慢慢打開
- (十四) 「Brush your teeth from side to side」：維持上面的姿勢，手及腰向右彎，慢慢移向左邊
- (十五) 「Brush your teeth you sleepy head」：雙腳腳掌合上，腰向下彎
- (十六) 「Brush your teeth before you go to bed」：雙手和雙腳在空中擺動
- (十七) 「Brush brush brush brush brush brush」：用手撐在地上，以臀部順時針移動
- (十八) 「Brush your teeth before you go to bed」：雙手和雙腳在空中擺動

整理活動 3-5MINS

- 做一些手腳的伸展動作及總結

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