

Pull Over on bars

Step 1

Swing on bars
懸在單杠上

Step 3

Pull nose onto bar
將身體貼近單杠

Step 4

Roll and end in front support on bars
翻轉至撐著單杠的姿勢

Step 2

Hang on bars
將腳吊上單杠

Step 5

Dismount and land on feet
下來，雙腳著地

Physical Competence: A lifetime of success

The growth of a young child's physical abilities is truly amazing. Think of all the physical abilities a child must develop to adjust to the world: learning to see and recognise others, rolling over or holding a bottle; these are all complex physical tasks that require strength, coordination and perception. Quality physical development programmes are needed to increase physical competence, health-related fitness, self-responsibility and enjoyment of physical activities for all children. In this way they can be physically active for a lifetime of success.

No sooner does a child start walking, than parents start wondering what school would be suitable for him, and whether he will gain admission into a good school or not. More than seeing how much a child knows, interviewers want to test the confidence of the child in question – your child's EQ. According to theories of brain function, a high emotional quotient means someone is self-confident, self-aware, and able to navigate through trying emotional times. EQ is often tied directly to the degree of success one may have in school, the workplace and in personal relationships thereafter. If your child comes across as confident and bold, chances are high that he/she will be selected. However, if your child is incredibly intelligent but too nervous or shy to answer, no amount of preparation will help.

Skills such as the one above not only develop gross motor skills but also develop risk-taking abilities, develop bonds between parents/teachers and help the child gain confidence.

小孩子身體能力的成長是驚人的。從學習看東西、認人，到在地上打滾、握住瓶子，這些孩子接觸世界必須擁有的身體能力，全都需要力量、協調和知覺並用的複雜身體程序。有質量的生理發育課程能提高孩子的身體能力、健康質素、承擔責任心及對運動的熱愛，讓他們在日後的生活中保持活力。

比起家長開始為孩子挑選學校，或他能否入到好學校，孩子開始學習走路的時間早許多。面試者通常會測試孩子在答問中的自信，多於他掌握知識的多少。根據大腦功能理論，高情商代表著自信和自覺，時刻懂得駕馭情緒。它亦直接影響著日後在學校、社會及人際關係中的成功。如果你的孩子自信大方，被選中的機會變更高。但如果你的孩子絕頂聰明，卻在答問時過於緊張或害羞，準備再多也沒用。

上面介紹的這個練習不僅能鍛煉運動技能，提高危機應對能力，更能加進老師家長和孩子的聯繫，幫助他們增強自信。

Supplied by: My Kiddy Gym Limited



**Book
Your Trial Class
NOW**

Website: www.mykiddygym.com
Address: 10/F, Ming An Plaza, 8 Sunning Road, Causeway Bay
Tel: 2759 8811 Email: cs@mykiddygym.com