

Quality Education Fund Secretariat

Run and Jump: Rhythmic Exercise for Fun

Programme Details

The programme, implemented for a period of two and a half years from 1 April 2021 to 30 September 2023, involves the design and conduction of suitable physical fitness games, rhythmic gymnastics, rhythmic dance and music activities for children aged 3-6. Featuring various themes and scenarios, the programme brings together the strength of parents and engages the participation of the whole school, so that children, parents and teachers can run and jump together to establish an active and healthy lifestyle.

Program Purpose

1. To promote movement and music as well as dance-related activities. To improve children's sensory abilities and develop their sense of aesthetics through creative rhythmic activities and games. To let children gain pleasant experiences of physical activities and establish a healthy lifestyle from a young age.
2. To promote physical fitness-related activities. To promote the healthy development of bones, muscles and bodily functions through physical movement and enjoyable activities. To enable children to master basic movements and improve their abilities to express themselves. To help them learn the basic skills of life and develop their interest in exercises.

Innovative Elements

To promote the balanced development of children with various movement and music, physical fitness and dance. The children-oriented programme incorporates school-based innovative elements, fascinating music and body movements to let children experience the fun of participation. The programme includes the modernization of rhythmic activities, such as creating songs that are full of childlike innocence in line with the age characteristics of children, design Fundamental Movement Skills and Eurhythmic Movement for children of different ages as well as design games to help children improve their physical fitness and FMS. The introduction of suitable themes and scenarios will bring together the strength of parents involving the participation of the whole school, so that children, parents and teachers can run and jump together to establish an active and healthy lifestyle.

Physical Development of Children

To provide opportunities for visual, auditory and tactile training, including (1) the improvement of motor skills associated with mobility activities, such as walking, running, stride leaping, hopping, horse skipping, side sliding, stepping, climbing, rolling and others; (2) the strengthening of motor skills related to operational skills, such as batting, bouncing, tossing, throwing, kicking, rolling tools and others; (3) the consolidation of receptive skills, such as taking/receiving, catching, ball bouncing and dribbling as well as other movements. Physical games with aerobic exercises can help promote children's physical and motor skills.

Musical Development of Children

To strengthen children's knowledge of musical elements, including rhythm, speed, melody, sound quality, musical form, dynamics, strength, harmony and others. Creation is the way

to self-actualization and children empowerment. Through headdresses, ribbons, silk scarves, hats, puppets or musical instruments readily available, children's imagination can be aroused in a relaxed and pleasant environment with beautiful music. They can create fantastic stories, pretend to play games, be engaged in role-playing and body movement as well express their emotions and develop creativity through music creation.

Sense of Aesthetics and Cultural Development

The programme can help children better control their movements, such as turning, bending, curling, twisting, wriggling, spinning and others. With cadence, rhythmic exercises and dance, variations can be made to create rhythmic movements, allowing children to express their inner feelings and music appreciation. This helps promote the sensory and aesthetic abilities of children.