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「玩遊戲」都係正式嘅學界比賽？

'Games' is an Official Inter-Schools Competition?



遊戲比賽中「持棒穿圈」的拋圈者（右圖）及接圈者（左圖）。

The thrower (right) and receiver (left) of 'Stick and Hoop' in the Games Competition. (Photo: HKSSF)

「玩遊戲」也可以成為學界比賽冠軍？其實除了一般的常規運動項目外，本會九龍東區小學分會也有一項專為初小學生而設的遊戲比賽。比賽設有 4 個項目，分別是「持棒穿圈」、「跳前繩」、「連環擲接豆袋」及「障礙賽跑」。這些項目結合了運動的元素，讓年紀較小的同學從簡單遊戲中享受運動的樂趣，同時感受比賽氣氛。現在為大家介紹其中一個比較典型的項目「持棒穿圈」。

「持棒穿圈」顧名思義，就是持着棒把膠圈穿上。玩法是每隊派出 2 人分別站在藤圈內面向對方並相距 6 米（高級組），一人在 30 秒內最多可拋出 10 個膠圈，另一人手持藤枝將被拋出的膠圈凌空逐一穿上。完成一次比賽後，兩人互換拋接動作，最後以兩次成功穿圈次數的總和計算名次，多者為勝。這項活動對於訓練同學的手眼協調和靈活性有很大的幫助呢！

Playing 'Games' can also become a champion in Inter-Schools Competition? In fact, besides regular sports events, the Kowloon East Primary Schools Area Committee has a Games Competition tailor-made for junior primary school students. The competition includes 4 events: 'Stick and Hoop', 'Skipping', 'Throw and Catch Bean Bag' and 'Obstacle Shuttle-Run'. These events integrate various sports elements, by playing games, younger students can enjoy sports while being in a competitive atmosphere.

Let us introduce one typical Games event 'Stick and Hoop', which is to catch hoops with a stick. Each team sends 2 players to stand inside a rattan hoop on the ground respectively, facing each other 6 metres (Senior Group) apart. One player can throw out up to 10 hoops in 30 seconds, another player uses a stick to catch the hoops in the air one by one. After 30 seconds, they swap roles and play again. The total number of successful catches in these two rounds will be counted, and the team with the most points wins. This activity is very good for training students' hand-eye coordination and agility.