



遊戲 6 Game 6

搬大石 Rock Relocation

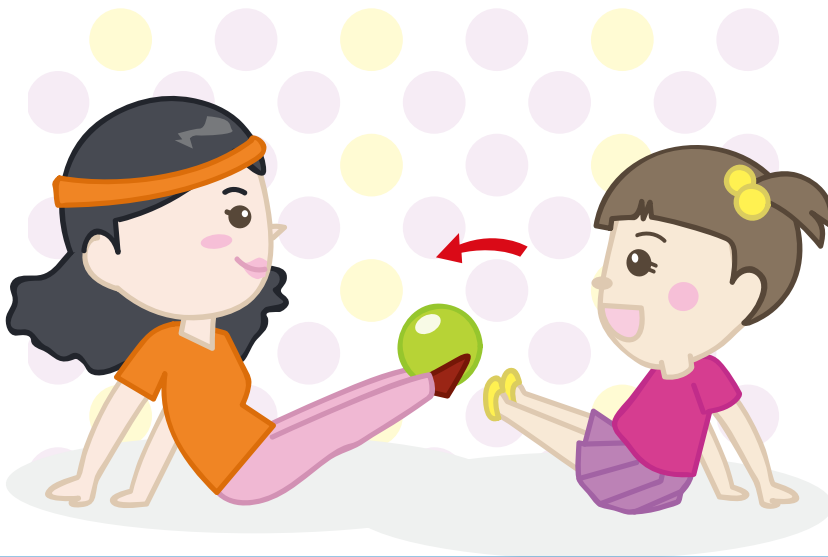


遊戲目標 Game Objectives

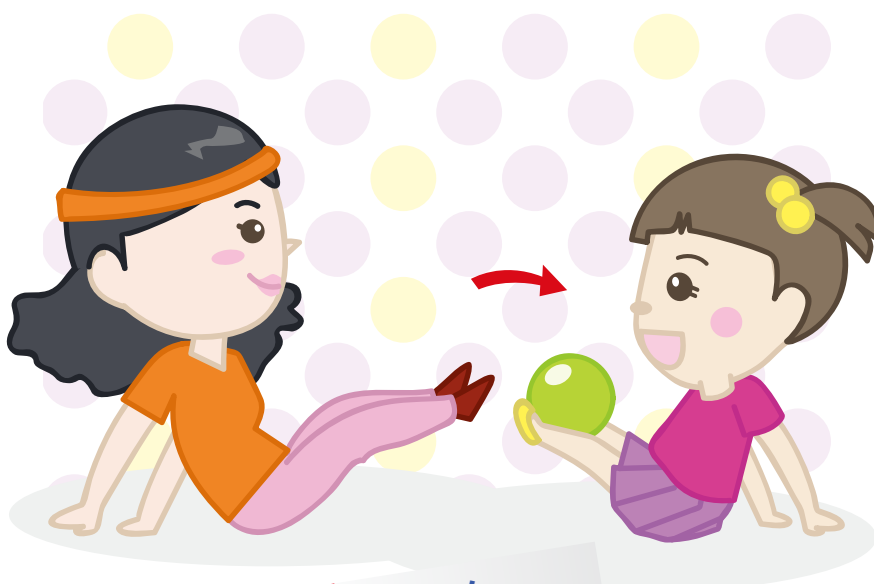
訓練孩子下肢肌肉和協調能力。

To train the lower limb muscles and coordination of children.

遊戲玩法 Game Rules



- 1 爸媽與孩子坐在地上（床褥或墊子亦可）。
Parents and their children sit on the floor (mattress or mat is also acceptable).
- 2 雙手按在地上，用雙腳夾皮球。
Press both hands on the floor and use both feet to clip the ball.



- 3 利用雙腳互相傳球和接球。
Both parties pass and catch the ball with both feet.

遊戲變化 Game Alternatives

1. 用較小的皮球。
1. Use a smaller ball.
2. 交叉雙腳夾皮球。
2. Cross the legs when clipping the ball.

