

# School-based Learning Activity of Chinese Culture

Yan Chai Hospital Wing Lung Kindergarten / Child Care Centre

## School Name

2023-2024

Academic Year

K1-K3

Class

## Activity Name

Experience the vitality of Chinese sports~ Show your skills in national sports

## Activity Objectives

- Learn about traditional Chinese sports (cuju, lion dance), Chinese inventions (high-speed rail), and arts (Mask) to enhance ethnic pride.
- Increase children's interest and curiosity in traditional Chinese arts.
- Enjoy appreciating the colors and forms of Mask.
- Improve children's coordination skills and interest in traditional Chinese sports.
- Increase opportunities for parent-child play to promote parents' understanding of the importance of promoting Chinese culture.

## Activity Overview

At the school's Parent Night event, a diverse booth activity with the theme of traditional Chinese cultural sports will be held to enhance students' understanding of Chinese traditional sports, inspire their appreciation for the beauty of Chinese traditions, and improve their physical fitness:

**Booth 1: Play Cuju Together:** Cuju, dating back to the Warring States period in China, is one of the earliest ball games. Cuju activities can improve children's flexibility, coordination, and balance. During the activity, parents and children will learn ball control, passing, and receiving using the inside and back of the foot, experiencing Cuju chasing games and shooting goals.

**Booth 2: Dance with Lion Dance:** Lion Dance is a traditional Chinese folk performance art with a history of thousands of years in China, a treasure of Chinese art. It emphasizes coordination between hands and feet, helping enhance limb coordination, flexibility, and agility. Parents and children can learn the specific steps and movements

of Lion Dance, simple arm and head movements, and control the lion head and body movements rhythmically to the beat of the drum.

**Booth 3: Speeding Ahead with High-Speed Trains:** The high-speed rail "Harmony Express" that spans between China and Hong Kong is a great modern invention in Chinese history. Through a brief introduction before the activity, children will get a basic understanding of the development of high-speed rail in the country. Subsequently, parents and children can experience riding the train, learning correct riding postures and control techniques, and practicing riding in a straight line, turning, and braking at the designated track. This activity not only trains children's lower limb muscle strength and explosiveness but also improves their reaction time, balance, coordination, and focus. It enhances children's sense of national identity and deepens their understanding of China's technological development.

**Booth 4: Make Doll Puppets Together:** Chinese facial makeup, with its exaggerated colors and lines, highlights the character of the figures. Children's artistic creation can enhance fine motor coordination, develop hand flexibility and hand-eye coordination, and cultivate patience, attentiveness, and focus. Instructors will guide children in designing facial patterns appropriately and using suitable colors for matching. Throughout the process, children will learn about the traditional culture of their homeland, sparking their love for the beauty of Chinese traditional arts.

## Activity Records (e.g., children's works, photos of the activity, videos)

### Booth 1: Play Cuju Together :



### Booth 2: Dance with Lion Dance :



### Booth 3: Speeding Ahead with High-Speed Trains :



### Booth 4: Make Doll Puppets Together :

