

拉闊文化 拉近距離

Joyful Learning for Inclusive Community

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賽馬會
友趣學中文
C-for-Chinese@JC
拉闊文化 拉近距離
Joyful Learning for Inclusive Community



運動會

運動會

Sports Day



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頁面說明 User Guide

故事書圖畫
A page from the story book



粵語拼音
Cantonese romanization

taa1 mun4 jat1 hei2 ceoi1 hei3 kau4

重點字詞
Core Vocabulary

她們一起吹氣球。

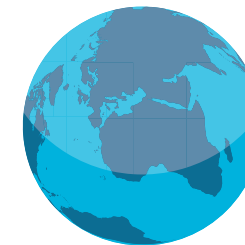
英文翻譯
English translation

They blow up some balloons together.

和孩子一起讀 Reading with your child



指着書中的圖文，幫助孩子理解內容
Point to pictures or words to help your child understand the content



鼓勵孩子將故事與生活經驗相連
Assist your child to connect the story with real-life experience



幫助擴展孩子的簡單回應，
引導他們複述內容
Help expand your child's response and ask to repeat it



以開放式提問鼓勵孩子思考、表達
Ask open-ended questions to encourage your child to think and express

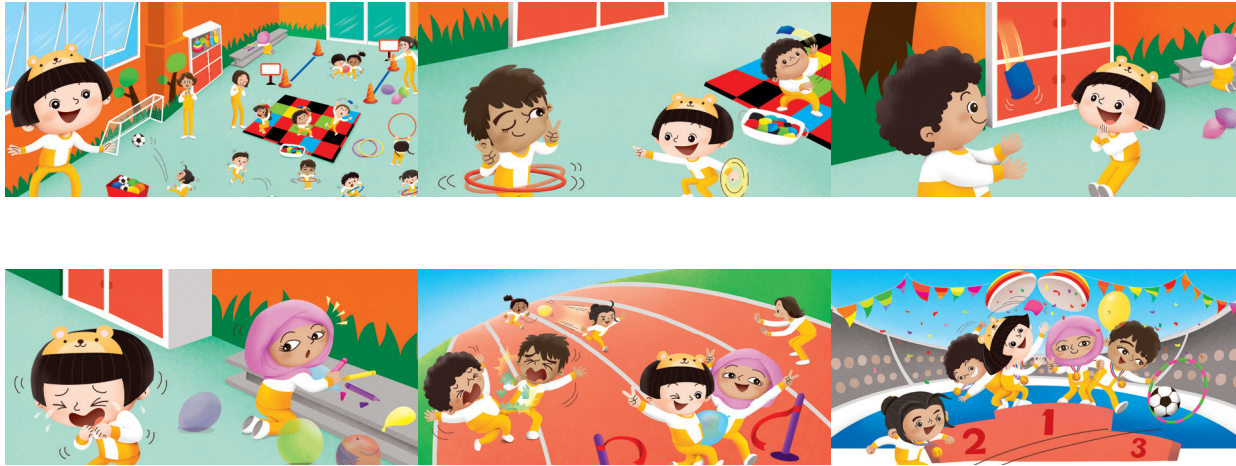


正面評價孩子的回應
Give positive responses



利用空白地方寫下筆記
Jot down your notes on empty space

故事簡介 About the Story



《運動會》是《賽馬會友趣學中文》故事教材系列的第十一本圖書（共18本），對象是低班下學期的孩子。學校將舉行運動會，同學各自報名參加自己最擅長的項目，迪嘉踢球、日信轉呼拉圈、家滔拋豆袋，但心愉覺得自己甚麼都做不好，傷心得大哭起來。莉雅安慰她，又鼓勵心愉找出自己的長處參加比賽，最後還一起拿到了冠軍！

Sports Day is the eleventh of the 18 books in the "C-for-Chinese@JC" Teaching and Learning Resources series. It is designed for students in the second term of K2. The school is hosting a sports day and students sign up for the events they are good at. Diya plays football, Yash hula hoops, Agapito tosses bean bags, but Sum-Yu seems not good at anything and is so upset that she starts crying. Haniya comforts her, and encourages her to find her strength to compete. In the end, they become champions together!

閱讀前 Before reading

請家長指着封面，與孩子一起猜想故事內容。

Point to the cover and make a guess about the story.



💡 小朋友們在做甚麼？
What are the children doing?

💡 你喜歡運動嗎？為甚麼？
Do you like sports? Why?



齊來搬氣球 Let's carry some balloons

家長和孩子一起模仿心愉和莉雅搬氣球，合力用肚子夾着氣球，在家繞一圈。大家要步伐一致，其中一個走得太快或太慢都不行。如果沒有氣球，可以用枕頭或卷裝廁紙代替，記住：物件愈小，難度愈高啊！

Sum-Yu and Haniya join to carry a balloon together. You can do the same with your child. Sandwich a balloon between your tummies and walk for one round at home. You need to move in lock step – neither of you should move too quick or too slow. Use a pillow or a toilet roll if you do not have a balloon. Remember: the smaller the item, the harder it is!

閱讀中 During reading

家長先用母語說故事和討論內容，幫助孩子理解，引起興趣。之後可改用粵語，並鼓勵孩子以粵語表達。可以的話，請與孩子一起朗讀故事。

First, tell the story to your child in your native language and talk it over. Then retell it in Cantonese and encourage your child to speak in Cantonese. Read aloud with your child if possible.

筆記 Notes





wan6 dung6 wui6 faai3 dou3 liu5 daai6 gaa1 dou1 zoi6 lin6 zaap6
運動會快到了，大家都在練習。

Sports day is coming. Everyone is training for it.



dik6 gaa1 jung6 lik6 jat1 tek3 kau4 zeon3 liu5 lung4 mun4
迪嘉用力一踢，球進了龍門。

Diya gives the ball a good kick and scores.



waa1 tek3 dak1 zan1 hou2
哇！踢得真好！

Wow! What a great shot!



這裏有甚麼體育用品？你在學校見過它們嗎？

What sports supplies are there? Have you seen them at school?



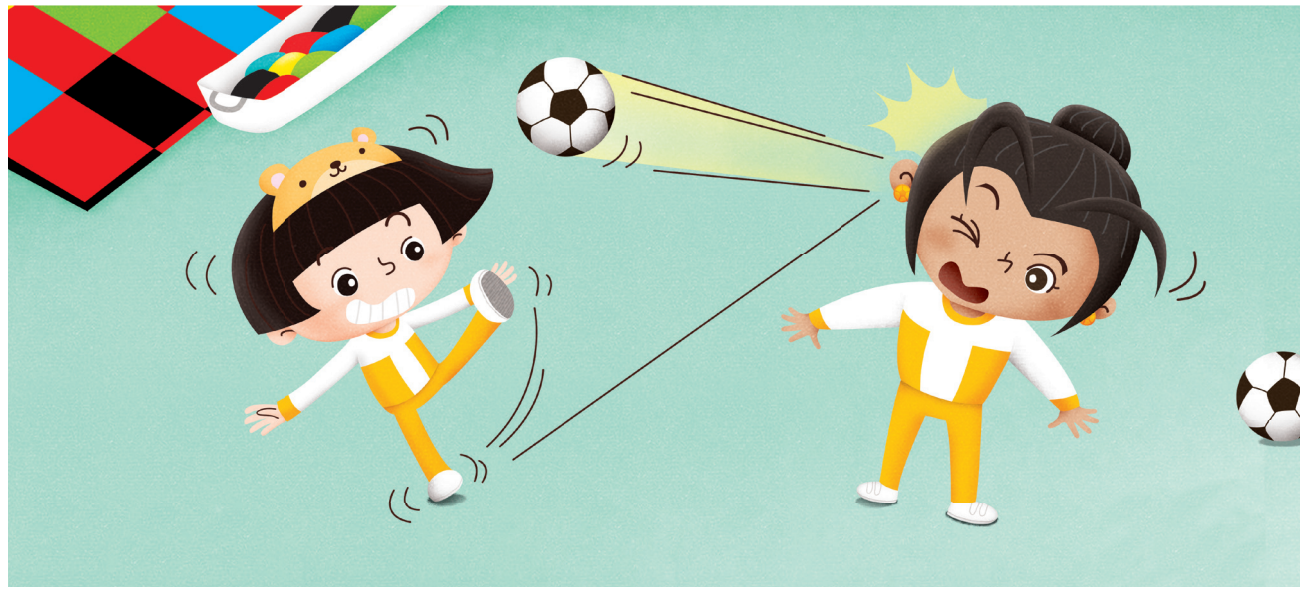
你會踢球嗎？

Do you know how to kick a ball?



你用身體的哪個部分來踢球？

Which body part do you use to kick a ball?



sam1 jyu4 jaa5 loi4 tek3 kau4
心愉也來踢球。

Sum-Yu tries to kick too.

kau4 fei1 hei2 loi4 daa2 zung3 liu5 dik6 gaa1 dik1 tau4
 球飛起來，打中了迪嘉的頭。

The ball takes off and hits on Diya's head.

deoi3 bat1 hei2
 對不起！
 Sorry!

bat1 jiu3 gan2
 不要緊！
 Alright!

💡 如果你是迪嘉，你會怎樣？
 What would you do if you were Diya?



jat6 seon3 zing3 zoi6 zyun3 fu1 laai1 hyun1
日信正在轉呼拉圈。

Yash is hula hooping.

waa1 zyun3 dak1 zan1 faai3
 哇！轉得真快！
 Wow! How fast it twirls!

💡 你會轉呼拉圈嗎？
 Do you know how to hula hoop?

💡 你用身體的哪個部分來轉呼拉圈？
 Which body part do you use for hula hooping?



sam1 jy4 jaa5 loi4 zyun3 fu1 laai1 hyun1
心愉也來轉呼拉圈。

Sum-Yu tries to hula hoop too.

fu1 laai1 hyun1 zyun3 hei2 loi4 daa2 zung3 liu5 jat6 seon3 dik1 bui3
 呼拉圈轉起來，打中了日信的背。

The hula hoop twirls and hits on Yash's back.

deoi3 bat1 hei2
 對不起！
 Sorry!

bat1 jiu3 gan2
 不要緊！
 Alright!

💡 如果你是心愉，你會怎樣？
 What would you do if you were Sum-Yu?



gaa1 tou1 paau1 dau6 doi6 paau1 soeng5 heoi3 jau6 maa5 soeng5 zip3 zyu6 liu5
家滔拋豆袋，拋上去，又馬上接住了。

Agapito tosses a bean bag up and then catches it.

waa1 faan2 jing3 zan1 faai3
 哇！反應真快！
 Wow! How agile!

💡 你玩過拋接豆袋嗎？在哪裏玩過？
 Have you played catch with bean bags before? Where?



sam1 jyu4 jaa5 loi4 paau1 dau6 doi6
心愉也來拋豆袋。

Sum-Yu tosses the bean bag too.

dau6 doi6 fei1 dou3 liu5 gwai6 deng2 soeng6
豆袋飛到了櫃頂上。

The bean bag flies to the top of a cabinet and rests there.



aa1 zam2 mo1 baan6
啊！怎麼辦？

Oh, what should I do?



gaa1 tou1 loi4 bong1 mong4 baa2 dau6 doi6 lung6 haa6 loi4
家滔來幫忙，把豆袋弄下來。

Agapito helps to get the bean bag.



ze6 ze6 nei5
謝謝你！

Thank you!



bat1 jung6 haak3 hei3
不用客氣！

You are welcome!



豆袋在哪裏？為甚麼？

Where is the bean bag? Why?



你喜歡家滔的方法嗎？為甚麼？

Do you like Agapito's method? Why?



sam1 jyu4 dai1 zoek6 tau4 huk1 liu5
心愉低着頭，哭了。

Sum-Yu lowers her head and cries.



心愉為甚麼哭？

Why does Sum-Yu cry?



sam1 jyu4 syut3 ngo5 sam6 mo1 dou1 zou6 bat1 hou2
心愉說：「我甚麼都做不好。」

Sum-Yu says, "I am not good at anything."

lei6 ngaa5 syut3 bat1 wui3 dik1 nei5 loi4 bong1 ngo5 baa6
莉雅說：「不會的，你來幫我吧！」

Haniya says, "No. Come and help me!"



猜猜莉雅想請心愉幫甚麼忙。

Guess what Haniya asks Sum-Yu to help.



taa1 mun4 jat1 hei2 ceoi1 hei3 kau4
她們一起吹氣球。

They blow up some balloons together.

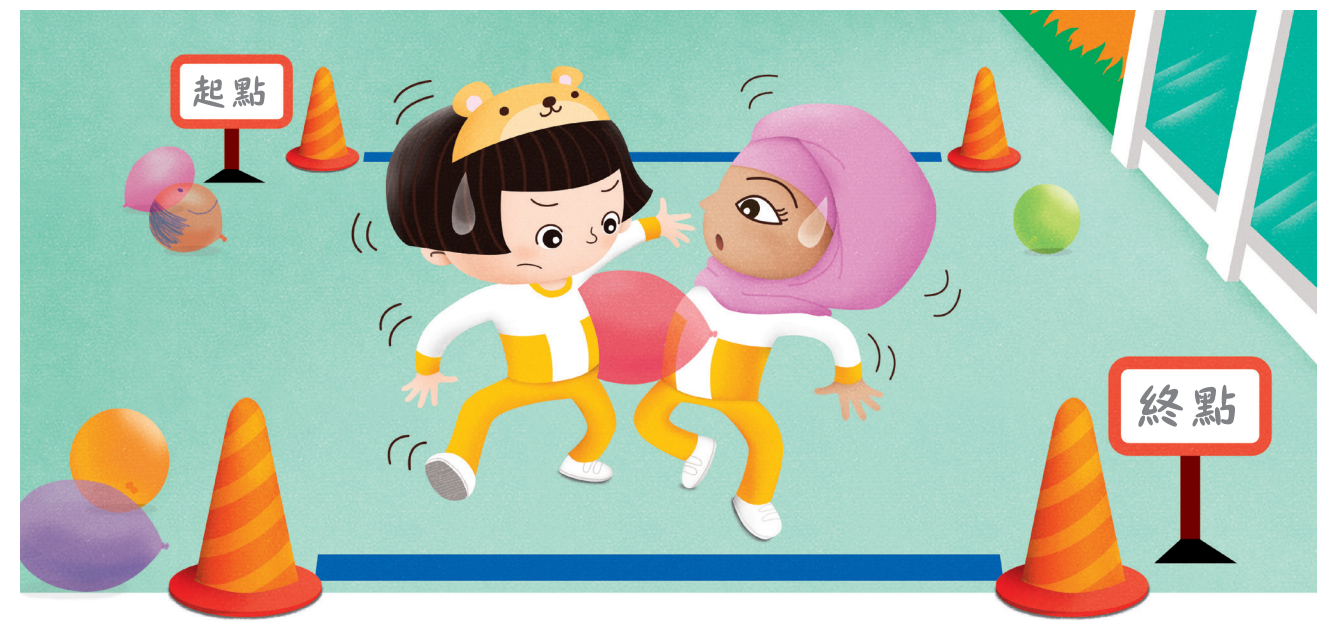
hei3 kou4 gu2 hei2 loi4 bin3 dak1 jau6 jyun4 jau6 bun6
氣球鼓起來，變得又圓又胖。

The balloons inflate, getting rounder and larger.



你會吹氣球嗎？

Do you know how to blow up a balloon?



loeng5 go3 jan4 hap6 zok3 jat1 hei2 bun1 hei3 kau4
兩個人合作，一起搬氣球。

The two carry a balloon together.

taa1 mun4 jung6 tou5 zi2 gep6 zoek6 hei3 kau4 sung3 dou3 zung1 dim2
她們用肚子夾着氣球，送到終點。

They hold the balloon with their tummies and walk to the finish point.



你玩過搬氣球嗎？和誰一起玩？

Have you played the balloon carrying game before? With whom?



wan6 dung6 wui6 dou3 liu5 daai6 gaa1 dou1 loi4 caam1 gaa1 bei2 coi3
運動會到了，大家都來參加比賽。

It is the sports day and everyone takes part.

💡 這是甚麼地方？
What is this place?

💡 你參加過運動會嗎？你喜歡嗎？為甚麼？
Have you participated in a sports day before? Did you enjoy it? Why?



dik6 gaa1 naa4 liu5 tek3 kau4 bei2 coi3 dai6 jat1 ming4
迪嘉拿了踢球比賽第一名。

Diya is the champion of the ball kicking contest.

💡 你認為迪嘉表現如何，為甚麼？
What do you think of Diya's performance? Why?



jat6 seon3 naa4 liu5 fu1 laai1 hyun1 bei2 coi3 dai6 jat1 ming4
日信拿了呼拉圈比賽第一名。

Yash is the champion of the hula hoop contest.



gaa1 tou1 naa4 liu5 paau1 dau6 doi6 bei2 coi3 dai6 jat1 ming4
家滔拿了拋豆袋比賽第一名。

Agapito is the champion of the bean bag contest.



拋接小挑戰 Play catch challenge

除了豆袋，你也可以和孩子用其他東西玩拋接，例如布娃娃、小手帕、小皮球等。失手也不打緊，一同細心聆聽物件墜落地上，發現每種聲音的不同，也很好玩啊！

Besides a bean bag, you can play catch with your child with other objects, such as a doll, a handkerchief, or a ball. No worries if you miss a catch. You can listen closely to the sound of the objects falling on the ground. Exploring different sounds can also be fun!



bei2 coi3 bun1 hei3 kau4 dik1 si4 hau6 gaa1 tou1 dik1 hei3 kau4 po3 liu5
比賽搬氣球的時候，家滔的氣球破了，

In the balloon carrying contest, Agapito's balloon bursts

dik6 gaa1 dik1 hei3 kau4 diu6 liu5
迪嘉的氣球掉了。

and Diya's balloon drops.



nei5 taai3 jung6 lik6 liu5
你太用力了！

You are pressing too hard!



nei5 paau2 dak1 taai3 faai3 liu5
你跑得太快了！

You are running too fast!

sam1 jyu4 wo4 lei6 ngaa5 naa4 liu5 dai6 jat1 ming4
心愉和莉雅拿了第一名。

Sum-Yu and Haniya win the contest.



daai6 gaa1 dou1 si6 dai6 jat1 ming4
大家都是第一名。

Everyone is a champion.



誰拿了搬氣球比賽的第一名？其他小朋友表現如何？

Who is the champion of the balloon carrying contest? How are other children doing?



你喜歡和別人比賽，還是合作做運動？為甚麼？

Do you like to compete or team up with others in sports? Why?



siu2 pang4 jau5 nei5 hei2 fun1 naa5 jat1 joeng6 wan6 dung6
小朋友，你喜歡哪一樣運動？

Little friend, which sport do you like the best?

閱讀後 After reading

把學到的應用在生活上，鞏固並延伸學習。
Practise and extend what has been learnt.



社區運動地圖 Community sports map

與孩子製作社區運動地圖，在家附近尋找不同的運動場所，如緩跑徑、體育館等，和孩子討論各種場所適合做的運動，並一一記下開放時間。

Make a community sports map with your child. Locate different sports facilities near your home, such as jogging trail or stadium. Discuss the sports we play in each facility and jot down the opening hours.



文化回應

你的家鄉流行甚麼運動？家長可向孩子分享那些運動，例如板球。

What are the popular sports in your hometown? Share them with your child, such as cricket.

Cultural Response





小小運動會 Mini sports day

舉辦一場小型運動會，和孩子商討比賽項目和規則，然後邀請親友一起到附近的運動場或體育館參與。過程中可以多拍照或錄影，讓孩子帶回學校分享。你可以完成這張家庭運動會邀請咭嗎？

Host a mini sports day with your child. Discuss the events and rules of the competition and then invite your friends and family to join at a nearby sports ground or stadium. Take photos or videos for your child to share at school. Can you finish this invitation card for the Family Sports Day?



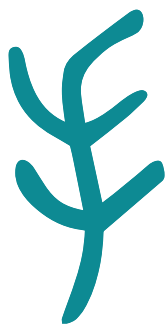
我們邀請你參加
We invite you to join

_____家庭運動會
The _____ Family Sports Day

日期 Date : _____

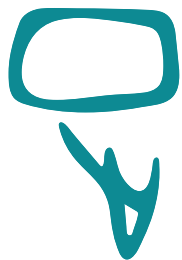
時間 Time : _____

地點 Place : _____



手字好像人的手，扌是手的變形部件。很多手部動作都包括扌，書中也有不少呢！例如搬、拋、打等，你都找得到嗎？

手 (hand) looks like a human hand. 扌 evolves from 手 and is the component of many Chinese characters related to the actions of hand. There are many examples in this book too, such as 搬 (carry), 拋 (toss), 打 (hit). Can you find them all?



足字好像人的腳，𠂆是足的變形部件。很多腳部動作都包括𠂆，例如書中的踢和跑字，你還想到其他動作嗎？提示：跳、踏。

足 (foot) looks like a human foot. 𠂆 evolves from 足 and is the component of many Chinese characters related to the actions of foot. Apart from 踢 (kick) and 跑 (run) in the book, can you think of other actions? Hint: 跳 (jump) and 踏 (step).

運動會	sports day
練習	training
踢	kick
球	ball
飛	take off/fly
打中	hit
轉	turn
呼拉圈	hula hoop
拋	toss up
接住	catch
幫忙	help
吹氣球	blow up a balloon
合作	work together
終點	finish point
比賽	contest
第一名	champion
喜歡	like

《運動會》家長用書

本書配合故事書《運動會》使用，由「賽馬會友趣學中文」計劃製作。

「賽馬會友趣學中文」計劃由香港賽馬會慈善信託基金策劃及捐助，並由本地三間大學及兩間非政府組織聯合策動。本計劃為期五年，自2016年起透過「家庭、社區、學校」的結合，以及實證為本的創新模式，營造具文化回應、愉快而有意義及高效的教與學情境，以強化非華語幼兒中文能力的發展，從而讓他們更順利地銜接小學的學習生活，並促進社會共融。

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