

School-based Learning Activity of Chinese Culture

Yan Chai Hospital Wing Lung Kindergarten / Child Care Centre

School Name

2024-2025

Academic Year

Entire School

Class

Activity Name

November–December Birthday Party: “Ancient Sports Challenge”

Activity Objectives

- Children learned about the origins of traditional Chinese sports such as shuttlecock kicking (毽子), wood archery (木射), ball striking (捶丸), and pot throwing (投壺) through shared videos
- Through interactive games featuring these ancient sports, children enhanced their physical coordination and developed team spirit
- While engaging in hands-on experiences with ancient Chinese sports, children not only improved their motor skills but also discovered the joy of traditional Chinese athletic practices

Activity Overview

The birthday party theme for November and December was “Ancient Sports Challenge.” In addition to teaching children to offer birthday wishes to their peers, the event encouraged firsthand participation in traditional Chinese sports—shuttlecock kicking, wood archery, pot throwing, and ball striking. Through these activities, children were introduced to and learned to appreciate the culture and heritage of China, helping to nurture their sense of national identity.

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

