

新聞

兒童 Children's Newspaper

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誰最會「長」跑 Who Is the Top Runner — in Long Distance Race?



Comic



要說跑步，當然是我跑得快。
Talking about running,
I'm the one considered fast.

1.



你看卡通片太多，
現實裏我才最會跑。
Probably you've watched
too many animated cartoons;
in reality I'm the top runner.

2.



一個小時之後……
After an hour...

3.



但這兒是長跑比賽！
But here, it's a long distance
running competition.

4.



News

香港馬拉松 不是成年人專享了

渣打馬拉松2018新設2.2公里的「少年跑」，供10至15歲的少年參與。於1月21日早上7時15分，「少年跑」組別參與者從灣仔運動場起步，在維多利亞公園結束。於30分鐘(大會時間)內完成比賽之參加者，大會頒發電子成績證明書以作獎勵。

年紀最小的參賽者10歲的李曉頤，首次與學校田徑隊的成員一起參加。她表示，自己一星期練習4天的跳遠及100米跑，2.2公里賽事不太困難，滿意自己的成績。



李曉頤與她的隊友 Lee Hiu-yi and her team members

(互聯網圖片 Internet photo)



來自日本的參加者 Participants from Japan

(互聯網圖片 Internet photo)

Hong Kong Marathon Is No Longer Exclusive to Adults

Standard Chartered Marathon 2018 created “Youth Dash” category for youngsters aged between 10 to 15. At 7.15 a.m. on the morning of January 21, participants started the race at Wan Chai Sports Ground and finished at Victoria Park, Causeway Bay. E-Certificates of Achievement were issued to those who finished the competition within the time limit of 30 minutes (Official Time).

The youngest runner was 10-year-old Lee Hiu-yi who for the first time participated in the race with members of her school’s track and field team. She said she practiced long jump and 100-metre sprint four times a week, and that 2.2 km race for her was not too difficult, and she was satisfied with the result.



(互聯網圖片 Internet photo)



通識小博士

Doctor Knowledge

小孩長跑要量力而為

據香港浸會大學體育學系副教授雷雄德，只要符合小朋友的能力，長跑運動對孩子身心有所裨益，如可鍛煉體質、增強心肺功能、磨練鬥志和提升自信心，本地有不少運動會讓兒童參加的耐力跑比賽。

但他提醒小朋友切忌過度訓練長跑，因為他們肌肉量小，肌肉持久力亦不足，如準備不充足或訓練方法不恰當，會增加受傷風險。他建議小朋友應按個人能力，循序漸進地接受訓練。

Children Run According to Own Strength

According to Louie Hung-tak, associate professor of Department of Physical Education, Hong Kong Baptist University, as long as it suits their capability long-distance running is good for children physically and mentally, such as helping to build body strength, increase cardio-pulmonary functions, develop the fighting spirit and enhance self-confidence, and many local sport events allow children to participate in the endurance run.

However, he advised that children avoid excessive training for long distance running because they have a small amount of muscle and insufficient muscle endurance strength, and they will get wounded if they are not fully prepared or do not train properly. He suggests that children train in a progressive way according to their own capability.

English Zone

精叻英語



- a. Running
- b. Swimming



- a. Singing
- b. Training



- a. Lung
- b. Intestines



- a. Heart
- b. Stomach

那美好的仗我已經打過了，當跑的路我已經跑盡了，所信的道我已經守住了。(提後 4:7)

天父給我的信



God's Letter
to Me

I have fought a good fight, I have finished my course, I have kept the faith. (Timothy 4:7)

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