

新聞

兒童

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最會跳繩的動物 The Master of Rope Skipping



Comic





14歲摩打腳美少女 跳繩破世界紀錄

14歲香港運動員李心怡，5月6日在澳門舉行的「兩岸三地學生跳繩邀請賽」30秒速度跳中跳出105次，勇奪冠軍，並且打破104次的世界紀錄。心怡自言，以往從未跳出過105次，打破世績可說是努力下的意外驚喜！

作為心怡頭號粉絲的李氏夫婦就認為，跳繩讓女兒學習到定立目標的重要性：「很開心，亦十分意外，沒有想過比賽都能夠發揮練習時的水準，希望心怡可以為自己定立下一個目標，繼續努力，我們永遠支持她。」



(互聯網圖片 Internet photo)

Hong Kong Teenager Breaks Rope Skipping World Record



(互聯網圖片 Internet photo)

Lee Sum-yi, a Hong Kong 14-year-old athlete, won the Single Rope 30 second in a rope skipping competition between athletes from Hong Kong, Macau and Taiwan held in Macau on May 6. She jumped 105 times in 30 seconds breaking the world record of 104. She said she had never reached 105 so it was a surprise to break the world record.

Her parents thinks rope skipping helps her learn the importance of setting goals, "We are very happy and surprised. We don't expect she could jump as good as the way of practice. We hope she would set another goal and try her best. We always support her!"

如何掌握跳繩技巧

Rope Skipping Skills



Doctor Knowledge



1. 練跳繩前先把繩擺放好。
Set the position of the rope.

2. 調校繩的長度以配合自己的高度。
Adjust the length of the rope to suit your height.



3. 跳繩時用手腕帶動跳繩，而不是手臂。
Use your waist, not arm, to spin the rope.

4. 把握好繩下落的時機再起跳。
Jump when the rope is about to hit the ground.



5. 掌握好繩甩起來的高度。
Control the range of the bounce of the rope.

6. 練雙手交叉等花式跳繩要掌握好節奏。
Control the rhythm when doing fancy rope skipping.



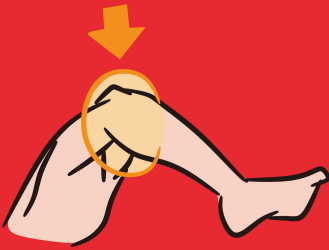
English Zone

精叻英語



請為以下每個圖畫選擇一個正確的英文名稱。

Come on! Let's choose the correct word(s) for each picture!



- a. Leg
- b. Knee



- a. Jump
- b. Climb



- a. Rope Skipping
- b. High Jump



- a. Arm
- b. Wrist

耶穌對衆人說：「你們要努力進窄門。我告訴你們，將來有許多人想要進去，卻是不能。」(路 13:24)

天父給我的信



God's Letter
to Me

Strive to enter in at the strait gate: for many, I say unto you, will seek to enter in, and shall not be able. (Luke 13:24)