

臺南市仁德區仁和國小「健康促進」活動成果

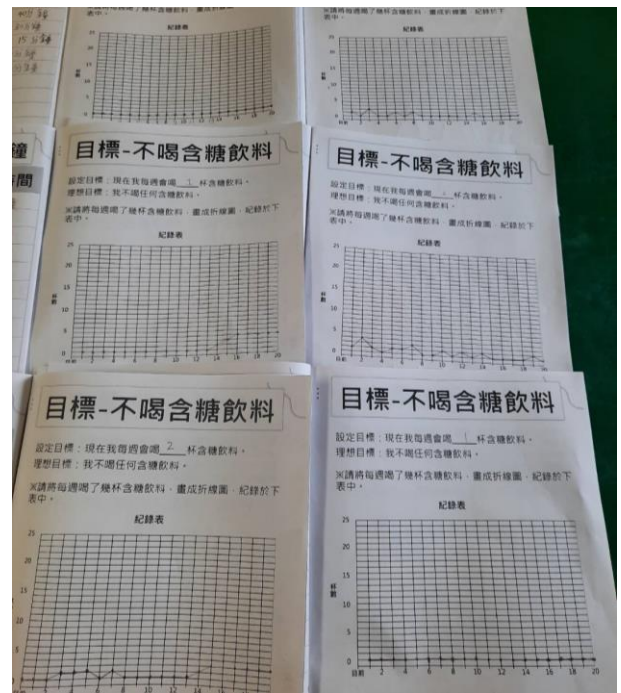
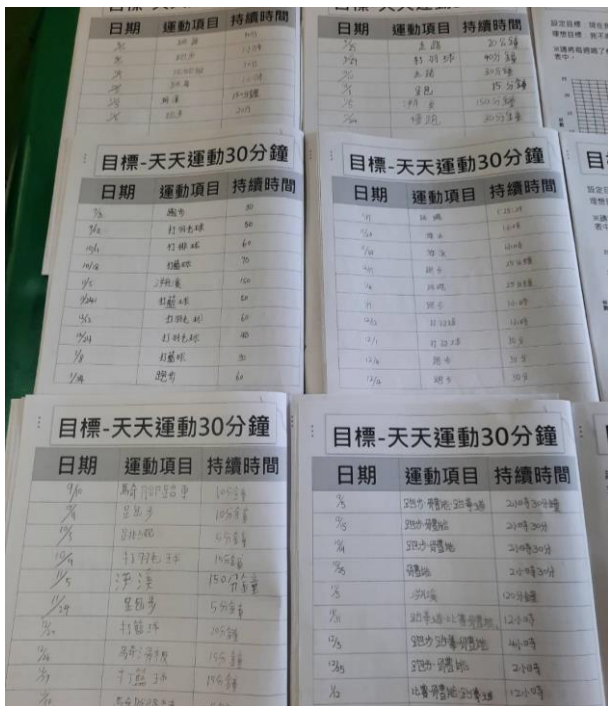
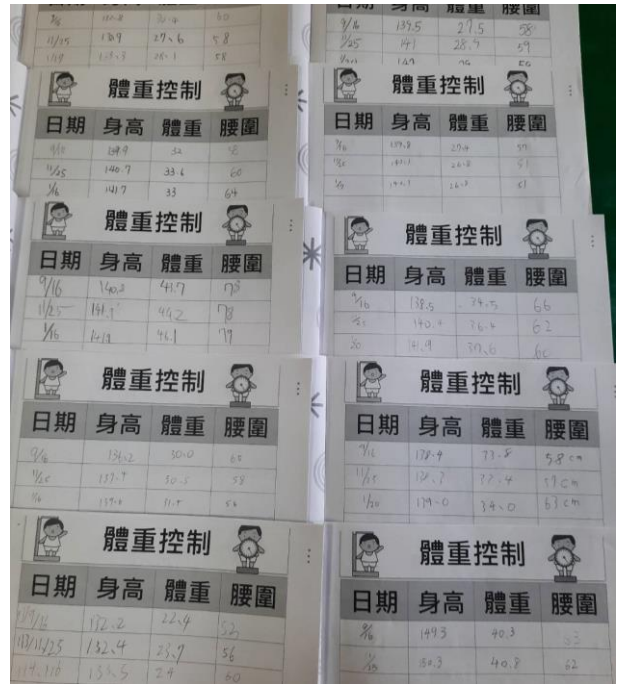
➤2-4-1 學生參與公部門及校本健康策略推動達到倡議與賦能的目的

活動名稱	進行教育部SH150方案-大跑步計畫																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																													
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<tr><td>6</td><td>T</td><td>T</td><td>T</td><td>T</td></tr></tbody></table>				項目	每天跑步圖數												小計	日期	9/5	9/6	9/7	9/8	9/9	9/10	9/11	9/12	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	總里程(公里)	1	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	2	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	3	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	4	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	5	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	6	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	7	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	8	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	9	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	10	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	11	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	12	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	13	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.4km	項目	每天跑步圖數												小計	日期	9/5	9/6	9/7	9/8	9/9	9/10	9/11	9/12	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	總里程(公里)	1	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	2	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	3	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	4	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	5	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	6	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	7	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	8	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	9	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	10	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	11	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	12	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	13	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	14	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	15	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	16	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	17	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2km 600m	項目	每天跑步圖數												小計	日期	10/1	10/2	10/3	10/4	10/5	10/6	10/7	10/8	10/9	10/10	10/11	10/12	10/13	10/14	10/15	10/16	10/17	10/18	10/19	10/20	10/21	10/22	10/23	10/24	10/25	10/26	10/27	10/28	10/29	10/30	總里程(公里)	1	F	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	6.2	2	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	6.2	3	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.4	4	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5	5	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.4	6	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.6	7	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5	8	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.6	9	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.8	10	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.8	11	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	6	12	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.2	13	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.6	14	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.4	15	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	5.4	16	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.6	17	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	4.6	項目	每天跑步圖數												小計	日期	9/1	9/2	9/3	9/4	9/5	9/6	9/7	9/8	9/9	9/10	9/11	9/12	9/13	9/14	9/15	9/16	9/17	9/18	9/19	9/20	9/21	9/22	9/23	9/24	9/25	9/26	9/27	9/28	9/29	9/30	總里程(公里)	1	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	20.2	2	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2.2	3	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	8.4	4	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	3	5	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	13.6	6	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	15.4	7	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	12.8	8	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2.4	9	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	2.6	10	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	14.8	11	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	10	12	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	10	13	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	10	14	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	6.8	15	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	3.4	16	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	6	17	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	7	18	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	10	項目	每天跑步圖數												小計	日期	11/1	11/2	11/3	11/4	11/5	11/6	11/7	11/8	11/9	11/10	11/11	11/12	11/13	11/14	11/15	11/16	11/17	11/18	11/19	11/20	11/21	11/22	11/23	11/24	11/25	11/26	11/27	11/28	11/29	11/30	總里程(公里)	1	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.6	2	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.6	3	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.6	4	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.6	5	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T	1.6	6	T	T	T	T
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活動名稱	推動健康護照		
活動日期	113.09~114.01	活動地點	各班級



臺南市仁德區仁和國小「健康促進」活動成果

➤2-4-1 學生參與公部門及校本健康策略推動達到倡議與賦能的目 的

活動名稱	晨運「I RUN」愛動計畫		
活動日期	每週三上午 8:10~8:30	活動地點	操場

臺南市仁德區仁和國民小學 113 學年晨運「I RUN」愛動計畫

實施時間：每週三上午 8:10~8:30 進行晨運。

實施方式：

一、 晨運：

- (一) 於週三晨間時間進行全校共同運動時間。(週一、週二各班可視各班情形辦理晨運。)
- (二) 晨運以班級為單位，除跑步、跳繩外，亦可以依班級借用器具近活動，仍請各班老師協助留意學生動向安全。
- (三) 每月份會以主題安排「教師運動家」陪同學生一起運動，增加趣味互動性。
- (四) 不定期舉辦上午第二節課間「運動挑戰」，提供學生多元運動體驗，並給予獎勵。

二、 運動社團：週間

- (一) 戰鼓隊：週二 16 點至 17 點 20 分
- (二) 空手道：週三 14 點到 15:20、週四 16 點至 17 點 20 分
- (三) 田徑隊：週一、週三早自修 8 點到 8 點 35 分
- (四) 其餘項目評估成立可能性，陸續建置中，歡迎老師們有興趣共同來運動。



田徑隊訓練



班級一同出來運動