

9-1-1 幼兒園健康促進議題的推展活動

臺南市 114 學年度西勢國民小學健康促進相關成果表

| 成果名稱  | 幼兒園健康促進議題活動  |
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| 佐證資料  |  |
|  <p>A photograph showing children playing basketball on an outdoor court. One child is in the air, about to shoot the ball. The court is red and blue, and there are basketball hoops in the background. A timestamp '2025/01/14' is visible in the bottom right corner of the photo.</p> |  <p>A photograph showing children playing with large, colorful inflatable rings and balls on a red and green outdoor area. Two children in the foreground are holding a yellow ring with a blue ball inside. Other children are playing in the background. A timestamp '2025.11.06' is visible in the bottom right corner of the photo.</p> |
| 說明：幼兒園安排籃球體驗，培育人才兼運動。   | 說明：運用各種道具讓學生玩得開心、各方位體位都能訓練。  |
|  <p>A photograph showing children sitting on a light-colored wooden floor, stretching their bodies. They are wearing orange shirts. One child in the foreground is stretching her legs. A timestamp '2025.11.11' is visible in the bottom right corner of the photo.</p>                 |  <p>A photograph showing a child riding a red rocking horse on a tiled floor. The child is wearing a yellow shirt and a face mask. The rocking horse is red and has a white saddle. A timestamp '2025.11.11' is visible in the bottom right corner of the photo.</p>   |
| 說明：運動前暖身拉筋從小開始。   | 說明：搖搖車訓練腰力。  |



說明： 幼兒瑜珈。



說明： 障礙賽讓學生更賣力活動。



說明： 練習運球，訓練手部肌肉及穩定度。



說明： 運動融於遊樂，讓學生更有動力。



說明：校慶運動會幼兒園也有專屬競賽。



說明：球類運動。



說明：與家長一起運動，將培養健康的習慣、創造親子互動。



說明：小小腳踏車障礙賽。



說明： 氣球傘運動



說明： 健康飲食繪本導讀



說明： 孩子自己製作天然成分的古早味蛋糕。



說明： 自製點心最健康。



說明：純牛奶製品



說明：純奶原味奶酪製作