

## 2018 - 2019 文化課簡章 Cultural Classes

備註 Remarks	課程名稱 Cultural Class	老師 Teacher	學生班級或年齡要求 Class or Age Requirement	課程簡章語注意事項 Description	材料費 Materials fee
歡迎家長一起來運動 Open to Adults	龍的傳人健康操 Chinese Style Body Exercise	李安琪 An Che Lee	T1 - T9, P1~P7 Age 6+ Open to Adults	「龍的傳人健康操」是通過拍打和按摩身體各主要穴位以及做體操的方式來協調全身器官；不僅能疏通促進血液循環，加強新陳代謝，還可以達到肢體動、經絡通的健身效果。此外，全程同時有雅致的中式古典音樂配合，因此所有年級的學生都適合做健康操，並帶回家中教家人一起來做健康操。 “Chinese Style Body Exercise” is a practice to coordinate our organ systems through hand movement over acupuncture points and through body exercise. The Chinese style body exercise not only helps maintain blood circulation and good metabolism but also benefits body’s meridian. The whole practice is moving along with traditional Chinese music. Therefore all students can practice, and can share with family members at home.	none
	美勞初級班 Arts & Crafts for Beginners	孫逸貞 Janie Wu	T1, T2, T3, P1~P3 age 8 or younger	剪紙設計, 中國結, 編手珠, 應景卡片設計, 須攜帶基本美勞用品, 剪刀和白膠必備。材料費\$30.00 Clay modeling, paper cutting, bead crafts, card design and more. Scissors and glue required. Material Fee: \$30.00	\$30.00
	瑜珈 Yoga	Mum Beirne	T1 - T9, P1~P7 Also offer Adult Yoga Class	兒童瑜珈教你如何伸展、如何呼吸、靜心冥想, 基本的瑜珈動作等。需自備瑜珈墊。我們也有開成人瑜珈課。 Students will learn to stretch, breath, meditate and basic yoga poses. Yoga mat Required. We also offer adult Yoga class.	none
	少林功夫 Shaolin Kung Fu	Christian A. Downes Vladimir Radovic	T1 - T9, P1~P7	傳統少林功夫, 是練武也是修行。 Main focus on strengthening the mind and body as one.	none
	中文課業輔導 Homework Help	張順 Peter Zhang	T1 - T9, P1~P7	由老師監督並指導學生寫中文作業。 The teacher will help students with homework and answer any questions.	none
	注音加強班 Chinese Phonetics	孔淑清 Shu-Ching Kung	T1 - T9	加強注音符號以幫助語言課的學習。 The teacher will reinforce Chinese Phonetics to help students learn the language	none
已額滿 Full	扯鈴 Chinese Yo-Yo	羅英九 Graham Lo	T3 - T9, P3~P7 age 8+	初級和中級。學生將在新年晚會表演。扯鈴可於學校上課日向福利社購買。 Students will learn fundamentals and eventually intermediate moves. Students will perform at the Chinese New Year Celebration. Yo-Yos can be purchased at the Concession Stand.	none
已額滿 Full	手工童玩+模型組裝 Handcrafted Toys& Model Building	Michael Lin Michael Yang	T3 - T9, P3~P7 age 8+	希望利用身邊隨手可得的一些材料, 透過一個概念的設計讓小朋友們能夠享受能夠靠自己創作一個玩具或遊戲的樂趣。材料費: \$30.00 The plan for this class is to use recycle material to build the projects. With some simple design, we allow children be creative on making a toy or a simple game. During the building process, they will learn to follow the instruction to complete each project. Materials Fee: \$30.00	\$30.00
	書法 Calligraphy	李婉儀 Wanyi Li	T3 - T9, P3~P7 age 8+	楷書結構運筆法練習, 臨摹字帖範本。學生需自備中楷毛筆、墨汁、硯台、墊布。 Using a Chinese brush to write Chinese characters is an art. Students learn by studying calligraphy pieces of created by masters of the art. Students will practice basic strokes and radicals. Students must bring ink, ink slab, a medium calligraphy brush and a place mat to every class.	none
	跳棋與象棋 Chinese Checker and Chinese Chess	李佩穎 Pei Yen Ellen Lee	T3 - T9, P3~P7 age 8+	中國跳棋: 三人玩的棋藝。棋盤為六角星。教導棋子的走法, 平移和跳躍, 然後練習。象棋: 兩人對弈, 教導棋品, 常規, 各子走法, 然後自行練習。 Students will learn rules of the game, strategies and etiquette. Chinese Checkers is for 3 players and Chinese Chess is for 2 players. Students will play against each other.	none

	中文壁報設計 Chinese Poster Design	余欣燕 Shin Ian Yu	T4 - T9, P4~P7 age 9+	中文壁報設計是學生表達中文學習成果的方式之一，也是結合美勞與創作的完整呈現。課程以中國節慶以及景點為主軸，加入故事、傳統美食等內容為海報面貌。學生方面以中高年級為適當年齡；材料費以\$25為起點，並視上課需要再另外予以酌收。 Chinese poster design is one of the many ways of showing Chinese learning progress by students. It is also an integration of art craft and creativity. The course is using Chinese festivals as themes enriched with stories, traditional foods, and others as the poster features. Students who are 4th graders or higher can sign up. The material fee \$25 will be collected to start with, and will be adjusted accordingly.	\$25.00
	毛線編織 Knitting & Crochet	周綺蘋 Iping Clara Chen	T5 - T9, P5~P7 age 10+	學習毛線編織的基本和進階工法，是一個既可發揮創造力又可跟家人、朋友分享的活動。 Learn basic to advance knitting and crocheting. A family activity that makes for a great opportunity to share with friends and family. Develop your creativity and allow yourself to relax while developing mindfulness.	TBA

**\*No cultural class for K1, K2 & PK2 students. Students remain in the same class until 5:00PM.**