



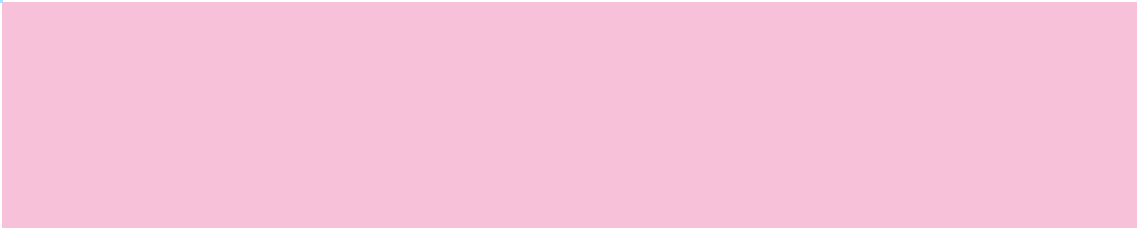
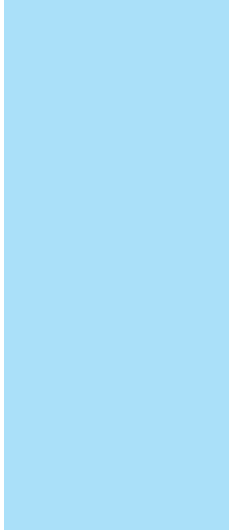
Morning Exercise and Exercise between Class Periods in Primary and Secondary Schools

Teacher's Handbook

Physical Education Section
Curriculum Development Institute
Education Bureau
HKSARG
2010

Content

Preface	1
Key Points for Conducting Morning Exercise and Exercise between Class Periods in Primary and Secondary Schools	5
Examples of Morning Exercise and Exercise between Class Periods in Primary Schools	9
Stretching Exercise	10
Whole Body Exercise	16
Hopping and Running Exercise	25
Cool Down Exercise	29
Examples of Morning Exercise and Exercise between Class Periods in Secondary Schools	31
Stretching and Whole Body Exercise	32
Hopping and Running Exercise	48
Cool Down Exercise	59
Acknowledgements	65



Preface

Physical Education is "education through the physical". It aims at developing students' physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. It also develops students' confidence and generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation. These, together with the nurturing of positive values and attitudes in PE, provide a good foundation for students' life-long and life-wide learning and equip them to embrace the challenges in the twenty-first century.

To cope with the education reform and give schools support to achieve the ultimate aims of the above-mentioned physical education curriculum, the Physical Education Section of the Curriculum Development Institute (CDI) began to implement a series of collaborative research and development ("seed") projects in schools in 2001. One of the projects is 'A Study on Morning Exercise and Exercise between Class Periods'. It was conducted by Professor Stephen Heung-sang WONG, of the Chinese University of Hong Kong. The whole research project covered a period of 16 months, starting from the project's preparation to its completion. It involved about 20,000 students from a total of 46 primary and secondary schools throughout Hong Kong.



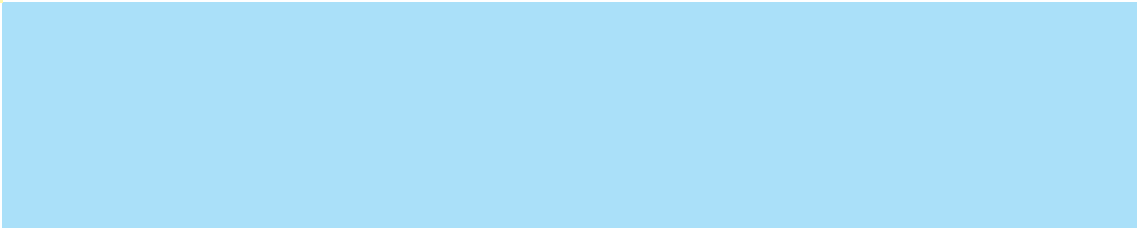
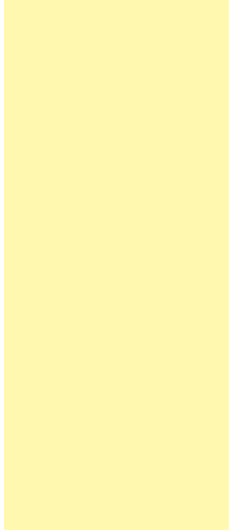
During the project period, the research team designed two sets of simple and progressive stretching exercise, each lasting about 8 minutes, for the trial use of the secondary and primary schools participating in the project respectively. Marching with music, these exercises were not confined by any specific venue and school uniform. The research findings indicate that both mass morning exercise and exercise between class periods can cultivate students' exercise habit, team spirit, and sense of responsibility, and also help to enhance students' spirit of perseverance and commitment. Starting from primary school, running similar projects helps students develop an active and healthy lifestyle. This enables them to cultivate the habit of doing exercises regularly from their childhood up to the secondary school stage, consequently fulfilling the ideal of doing life-long exercises.

As such, the CDI has produced a video compact disc and a teacher's handbook on these exercises designed in the above-mentioned project. Besides, the CDI has met with the medical professionals, scholars, principals, teachers, parents and students, with in-depth elaboration on the rationale of the exercises concerned and the methods and benefits of implementation. This is useful for the schools to design their school-based curriculum.

Curriculum development is an on-going collaborative improvement process. We welcome the views from all sectors of the public on this reference material. Please send us your valuable advice. Our address is:

Physical Education Section
Curriculum Development Institute
Education Bureau
3/F, 323 Java Road, North Point
Hong Kong
Email: pe@edb.gov.hk





Key points for conducting
morning exercise and exercise
between class periods in
primary and secondary schools

To promote mass morning exercise and exercise between class periods, all teachers and students of the school should firmly recognise the importance of these activities in developing an active and healthy lifestyle among students. Schools should also put these activities into practice with determination, and make suitable adjustments and co-ordination in the course of implementation to achieve the expected results. The following sections list out the experience gained from the research project on “Morning exercise and exercise between class periods” and the production of this reference material for schools’ consideration when planning their school-based curriculum. The schools may, in the light of the local curriculum reform in physical education and their own circumstances, such as lesson time, curriculum delivery, venue and teachers’ qualifications, make flexible use of the morning assembly time and “change of lesson” time for doing simple, relaxing stretching exercise. It will not only enhance students’ participation in physical activity, team spirit and sense of belonging to school, but also cultivate a sports culture in schools.

The principles of designing school-based morning exercise and exercise between class periods

1. The conduct of the exercise selected should not be affected by venue and school uniform.
2. The tempo of exercise should be progressively increased from slow to fast. The muscles involved should be from small to large muscle groups and finally to whole body muscle coordination.
3. Add rhythmic elements to make the exercise more interesting. Based on students’ age, interesting or popular music may be used to develop students’ rhythmical sense.
4. The movement should be simple and easy to learn, so that every student could readily master it.
5. The exercise should be lucid and lively.
6. The whole exercise should not exceed 10 minutes to be conducted before lesson, during recess or after school.

Implementation in School

1. Schools are required to formulate a long-term implementation strategy, including teacher development programme conducted in advance, so that all teachers of the school understand the significance of the exercises, and recognise the implementation steps.
2. It is most advisable to adjust the time-table during the planning stage for including morning exercise and exercise between class periods. The time before lesson and assembly, during recess and after lesson is suitable for conducting such exercises.
3. Depending on the space available, the school should flexibly adjust the number of participants and the implementation methods. If the space and time are enough, the whole school may take such exercise every day. If they cannot accommodate all the students at the same time, students of one or two year grades may take the exercise at different venues, then followed by other year grades at different time and venues of the school.
4. Home-school co-operation is effective to promote such activities. For example, inviting parents to lead the exercise or to perform the exercise with students is useful to elicit their support.
5. Introducing an award scheme to commend the students or classes with outstanding performance can maintain students' interest in the programme.
6. Organising an exercise leader team will provide more opportunities for students to develop leadership.
7. Including performance of morning exercise and exercise between class periods in events held inside or outside the school, such as athletic meet parade, is a recognition of teachers' and students' effort in promoting these activities.

The roles of physical education teachers

1. In most schools, the physical education teachers are responsible for promoting these mass exercises. As such, they should strive to strengthen their knowledge of such activities and pay attention to the development.
2. Physical education teachers should keep themselves abreast of the development and flexibly use the collected information to design suitable exercise for students. It is not advisable to strictly follow the examples in this reference material. Otherwise, there will be some obstacles to long-term implementation to a certain extent.
3. As morning exercise and exercise between class periods are large-scale programmes, physical education teachers must be determined and well prepared when inviting other teachers, parents and students to jointly plan the programme. To achieve good results, they may create new movements with school-specific features.



Examples of morning exercise and exercise between class periods in primary schools

Stretching exercises

There are 2 sets of eight beats for the prelude. The exercise consists of four parts and each part has 4 eight beats.

Part 1 (a total of 4 eight beats)

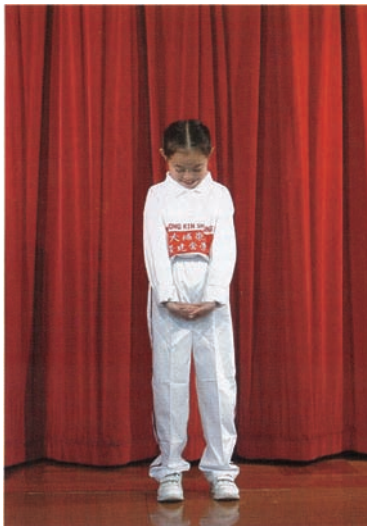
The first eight beats

- 1.1 Both arms extend upwards from the side of the body.
- 1.2-1.8 Fingers of two hands interlocked, arms push upwards, eyes look upwards.



The second eight beats

- 2.1 Arms move down along the sides of the body to the front of the lower abdomen.
- 2.2-2.8 Fingers of two hands interlocked, arms push downwards, eyes look downwards.



The third eight beats

- 3.1 Head and upper body turn to the left.
- 3.2-3.8 Fingers of the two hands interlocked, arms push towards the left front from the front of the body.



Stretching exercises

The forth eight beats

- 4.1 Head and upper body turn to the right.
- 4.2-4.8 Fingers of the two hands interlocked, arms push towards the right front from the front of the body.



Part 2 (a total of 4 eight beats)

The first eight beats

- 1.1-1.8 Head leans to the left; the left fist pushes towards the left temple, with right arm akimbo.



The second eight beats

- 2.1-2.8 Head leans to the right; the right fist pushes towards the right temple, with left arm akimbo.



The third eight beats

- 3.1-3.2 Shoulders move upwards and then downwards.
- 3.3-3.4 Repeat 3.1-3.2
- 3.5-3.6 Shoulders roll forwards once.
- 3.7-3.8 Repeat 3.5-3.6

The forth eight beats

- 4.1-4.4 Repeat 3.1-3.4
- 4.5-4.6 Shoulders roll backwards once.
- 4.7-4.8 Repeat 4.5-4.6

Stretching exercises

Part 3 (a total of 4 eight beats)

The first eight beats

- 1.1 Right arm extends to the right. Left arm bends and touches the left shoulder.
- 1.2 Left arm extends to the left while keeping right arm extended to the right.
- 1.3-1.4 Upper body bends to the right. Left arm extends above the head to the extending right hand, clap once; and then returns to the original position.
- 1.5-1.8 Same as 1.1-1.4, but the right arm bends and touches the right shoulder.



Stretching exercises

The second eight beats

- 2.1 Both arms bend and touch the shoulders respectively.
- 2.2 Two arms extend to the left and right respectively.

- 2.3 Two arms extend above the head. Clap hands once.
- 2.4 Two arms extend to the left and right respectively.



Stretching exercises

The second eight beats

- 2.5 Both arms bend and touch the shoulders respectively.
2.6 Two arms extend to the left and right respectively.

- 2.7 Clap hands once while the arms are extending in front of the body.
2.8 Two arms extend to the left and right respectively.



Stretching exercises

Part 4 (a total of 4 eight beats)

The third eight beats

3.1-3.8 Repeat 1.1-1.8

The forth eight beats

4.1-4.8 Repeat 2.1-2.8

The first eight beats

1.1-1.8 With arms akimbo, left leg steps forwards to the left and bends to form a bow shape while fully extending right leg. Half squat with both heels touching the ground.



The second eight beats

2.1-2.8 Left heel touches the ground with left leg fully extended. Right knee bends and body leans forwards. Place both hands on the left knee.



The third eight beats

3.1-3.8 Same as 1.1-1.8, but right leg steps forwards and bends to form a bow shape.

The forth eight beats

4.1-4.8 Same as 2.1-2.8, but right heel touches the ground with right leg fully extended.

**Music lasts for about
1 minute 12 seconds**

Whole body exercise

There is 1 set of eight beats for the prelude. The exercise consists of four parts, each with 4 eight beats.

Part 1 (for a total of 4 eight beats)

The first eight beats

1.1-1.8 March on the spot for 8 steps, with both arms swinging forwards and backwards naturally.



The second eight beats

2.1-2.8 March on the spot for 8 steps, with both arms bending and crossed in front of the chest, and then extending outwards (a total of 4 times).



Whole body exercise

The third eight beats

3.1-3.4 March on the spot for four steps, with both arms placed on the left shoulder. Clap hands four times.

3.5-3.8 Same as 3.1-3.4, but place both arms on the right shoulder and clap hands.



The forth eight beats

4.1-4.8 Same as 1.1-1.8

Whole body exercise

Part 2 (for a total of 4 eight beats)

The first eight beats

1.1-1.8 With arms akimbo, left tiptoes touch the ground in front of the body. At the same time, the upper body turns to the left and right shoulder moves forwards. Slightly raise the head.



The second eight beats

2.1-2.8 Same as 1.1-1.8, but right tiptoes touch the ground in front of the body.



Whole body exercise

The third eight beats

- 3.1-3.2 Stand straight, feet apart slightly greater than shoulder-width.
With arms akimbo, upper body turns powerfully backwards, then resume the original front position.
- 3.3-3.8 Repeat 3.1-3.2 (do three times more)

The forth eight beats

- 4.1-4.8 Same as 3.1-3.8, but upper body turns right and backwards.



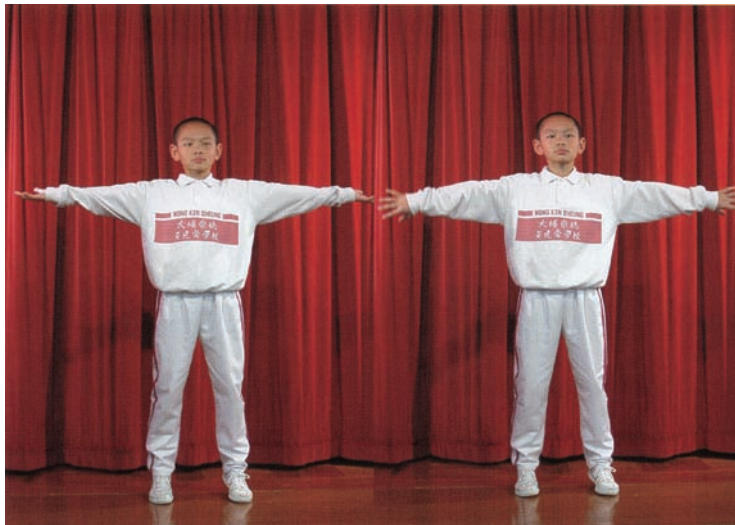
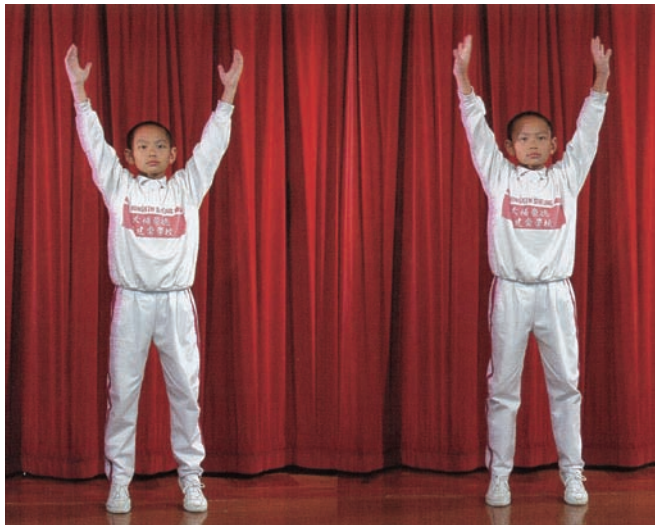
Whole body exercise

Part 3 (for a total of 4 eight beats)

The first eight beats

1.1-1.2 Body stands with tiptoes while both arms moving along the side of the body and then extending upwards above the head. Fingers expand with both wrists rolling inwards once. Heels step on the ground with both wrists rolling outwards once.

1.3-1.4 Body stands with tiptoes while both arms are extending at shoulder level. Fingers expand with both wrists rolling inwards once. Heels step on the ground with both wrists rolling outwards once.



Whole body exercise

1.5-1.6 Body stands with tiptoes while both arms are moving downwards and spreading to the side of the waist. Fingers expand with both wrists rolling inwards once. Heels step on the ground with both wrists rolling outwards once.

1.7-1.8 Upper body flexes forwards.



Whole body exercise

The second eight beats

- 2.1-2.2 Upper body flexes forwards. Arms crossed, and slightly swing in and out once (palms facing backwards), in front of the left leg.
- 2.3-2.4 Same as 2.1-2.2, but both arms crossed, and slightly swing in and out once, in front of the body.

- 2.5-2.6 Same as 2.1-2.2, but both arms crossed, and slightly swinging in and out once, in front of the right leg.
- 2.7-2.8 Returns to the original standing position.

The third eight beats

- 3.1-3.8 Repeat 1.1-1.8

The forth eight beats

- 4.1-4.8 Repeat 2.1-2.8



Whole body exercise

Part 4 (a total of 4 eight beats)

The first eight beats

1.1-1.3 With arms akimbo and right knee fully extended, left leg swings to the left. Upper body slightly leans towards the right. Eyes look to the front.

1.4 Left leg steps on the ground.

1.5-1.8 Repeat 1.1-1.4

The second eight beats

2.1-2.8 Same as 1.1-1.8, but the right leg swings to the right.



Whole body exercise

The third eight beats

- 3.1 Raise the left knee. At the same time, the right arm swings forwards to touch the left knee and the left arm swings backwards.
- 3.2 Left foot steps on the ground.
- 3.3-3.4 Repeat 3.1-3.2

- 3.5 Left leg kicks forwards. At the same time, right arm swings forwards to touch the left knee and the left arm swings backwards.
- 3.6 Left leg steps on the ground.
- 3.7-3.8 Repeat 3.5-3.6

The forth eight beats

- 4.1-4.4 Same as 3.1-3.4, but raise the right knee.
- 4.5-4.8 Same as 3.5-3.8, but the right leg kicks forwards.



Music lasts for about 1 minute 1 second

Hopping and running exercise

There is 1 set of eight beats for the prelude. The exercise consists of six parts.
Apart from the fourth part, each part has 4 eight beats.

Part 1 (a total of 4 eight beats)

The first eight beats

1.1-1.8 With arms akimbo, left foot and right foot take turns to march on the spot 8 times.



The second eight beats

2.1-2.2 Jump up on the spot and land with feet apart. Jump up again and land with feet together.

2.3-2.8 Repeat 2.1-2.2 (three times more)



Hopping and running exercise

Part 2 (a total of 4 eight beats)

The third eight beats

3.1-3.8 Repeat 1.1-1.8

The forth eight beats

4.1-4.8 Repeat 2.1-2.8

The first eight beats

1.1-1.8 With arms akimbo, march on the spot 8 times.



Hopping and running exercise

The second eight beats

2.1-2.2 With arms akimbo, jump and land with left leg in the front. Jump again and land with feet together.

2.3-2.4 Same as 2.1-2.2, but land with right leg in the front.

2.5-2.8 Repeat 2.1-2.4

The third eight beats

3.1-3.8 Repeat 1.1-1.8

The forth eight beats

4.1-4.8 Repeat 2.1-2.8



Hopping and running exercise

Part 3 (a total of 4 eight beats)

The first eight beats

1.1-1.8 With arms akimbo, march on the spot 8 times.

The second eight beats

2.1-2.2 Jump on the spot and land with feet apart. Jump again and land with feet together.

2.3-2.4 Repeat 2.1-2.2

2.5-2.6 Jump and land with left leg in the front. Jump and land with feet together.

2.7-2.8 Same as 2.5-2.6, but land with right leg in the front.

The third eight beats

3.1-3.8 Repeat 1.1-1.8

The fourth eight beats

4.1-4.8 Repeat 2.1-2.8

Part 4 (a total of 5 eight beats)

The first eight beats

1.1-1.8 Repeat 1.1-1.8, Part 3

The second eight beats

2.1-2.8 Repeat 2.1-2.8, Part 3 (eyes look to the front)

The third eight beats

3.1-3.8 Turn 90 degrees in anti-clockwise direction, then repeat 2.1-2.8, Part 3 (eyes look to the left)

The fourth eight beats

4.1-4.8 Turn 90 degrees in anti-clockwise direction, then repeat 2.1-2.8, Part 3 (eyes look to the back).

The fifth eight beats

5.1-5.8 Turn 90 degrees in anti-clockwise direction, then repeat 2.1-2.8, Part 3 (eyes look to the right).

Part 5 (a total of 4 eight beats)

The first eight beats

1.1-1.8 Turn 90 degrees in anti-clockwise direction (eyes look to the front), then left foot and right foot take turn to march on the spot 8 times.

The second eight beats

2.1-2.2 Jump forwards once and then back to the original position.

2.3-2.4 Jump backwards once and then back to the original position.

2.5-2.8 Repeat 2.1-2.4

The third eight beats

3.1-3.8 With arms akimbo, march on the spot 8 times.

The fourth eight beats

4.1-4.2 Jump to the left once and then back to the original position.

4.3-4.4 Jump to the right once and then back to the original position.

4.5-4.8 Repeat 4.1-4.4

Part 6 (a total of 4 eight beats)

The first eight beats

1.1-1.8 With arms akimbo, march on the spot 8 times.

The second eight beats

2.1-2.2 Jump forwards once and then back to the original position.

2.3-2.4 Jump backwards once and then back to the original position.

2.5-2.6 Jump to the left once and then back to the original position.

2.7-2.8 Jump to the right once and then back to the original position.

The third and fourth eight beats

3.1-4.8 With arms akimbo, march on the spot 16 times.

**Music lasts for about
1 minute 58 seconds**

Cool down exercise

There are 2 sets of eight beats for the prelude. The exercise consists of two parts and each part has 4 eight beats.

Part 1 (a total of 4 eight beats)

The first eight beats

1.1-1.8 Both arms move upwards along the side of the body to above the head. Take a deep breath.



The second eight beats

2.1-2.8 Both arms move along the side of the body from above the head and hang down.



The third and forth eight beats

Repeat 1.1-1.8 and 2.1-2.8

Cool down exercise

Part 2 (a total of 4 eight beats)

The first eight-beat

- 1.1-1.4 Stand with feet apart. Both arms move upwards in front of the body at shoulder level.
- 1.5-1.8 Close the eyes. Turn palms to fists (from light to vigorous force).

The second eight beats

- 2.1-2.4 Eyes open slowly. Palms open. Both arms move to the sides of the body at shoulder level.
- 2.5-2.8 Both arms move downwards along the side of the body and hang down.

The third and forth eight beats

Repeat 1.1-1.8 and 2.1-2.8



Music lasts for about 52 seconds

Examples of morning exercise
and exercise between class
periods in secondary schools

Stretching and whole body exercise

There is 1 set of eight beats for the prelude. The exercise consists of seven parts and each part has 4 eight beats.

Part 1 (a total of 4 eight beats)

The first eight beats

- 1.1 Both arms extend upwards from the side of the body.
- 1.2-1.8 Fingers of two hands interlocked. Arms push upwards. Eyes look upwards.



The second eight beats

- 2.1 The head and upper body flex towards the left.
- 2.2-2.8 Fingers interlocked. Arms push up towards the left shoulder. Eyes look to the front.



The third eight beats

- 3.1 Head and the upper body flex to the right.
- 3.2-3.8 Fingers of two hands interlocked, arms push up towards the right shoulder. Eyes look to the front.



Stretching and whole body exercise

The forth eight beats

- 4.1 Both arms move along the side of the body to the front of the lower abdomen.
- 4.2-4.8 Fingers of two hands interlocked. Arms push downwards and eyes look at the ground.



Part 2 (a total of 4 eight beats)

The first eight beats

- 1.1 Arms extend to the left and right respectively.
- 1.2 The left arm bends and touches the left shoulder while keeping the right arm extended to the right.



Stretching and whole body exercise

- 1.3 Left arm extends to the left.
- 1.4 Upper body flexes to the right. The extending left arm moves across the head to the extending right arm, and claps once.
- 1.5-1.8 Same as 1.1-1.4, but the right arm bends and touches the right shoulder.

The second eight beats

- 2.1 Both arms bends and the hands touch both shoulders.
- 2.2 Two arms extend to the left and right respectively.



Stretching and whole body exercise

- 2.3 Both arms extend to above the head. Clap hands once.
- 2.4 Two arms extend to the left and right respectively.

- 2.5 Both arms flex and the hands touch both shoulders.
- 2.6 Two arms extend to the left and right respectively.



Stretching and whole body exercise

- 2.7 Clap hands once with arms fully extended in front of the body.
- 2.8 Two arms extend to the left and right respectively.



The third eight beats

- 3.1-3.7 Repeat 1.2-1.8
- 3.8 Two arms extend to the left and right respectively.

The forth eight beats

- 4.1-4.7 Repeat 2.1-2.7
- 4.8 Arms move downwards in front of the body and hang down by the sides of the body.

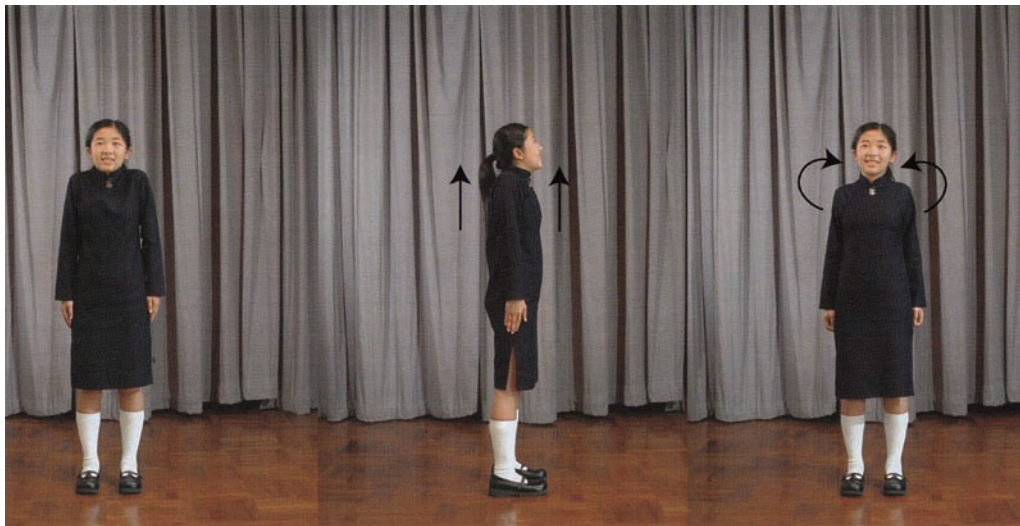


Stretching and whole body exercise

Part 3 (a total of 4 eight beats)

The first eight beats

- 1.1-1.4 Both arms hang down by the side of the body. Shoulders move upwards twice.
- 1.5-1.8 Both arms hang down by the side of the body. Shoulders roll forwards twice.



The second eight beats

- 2.1-2.4 Both arms hang down by the side of the body. Shoulders move upwards twice.
- 2.5-2.8 Both arms hang down by the side of the body. Shoulders roll backwards twice.



Stretching and whole body exercise

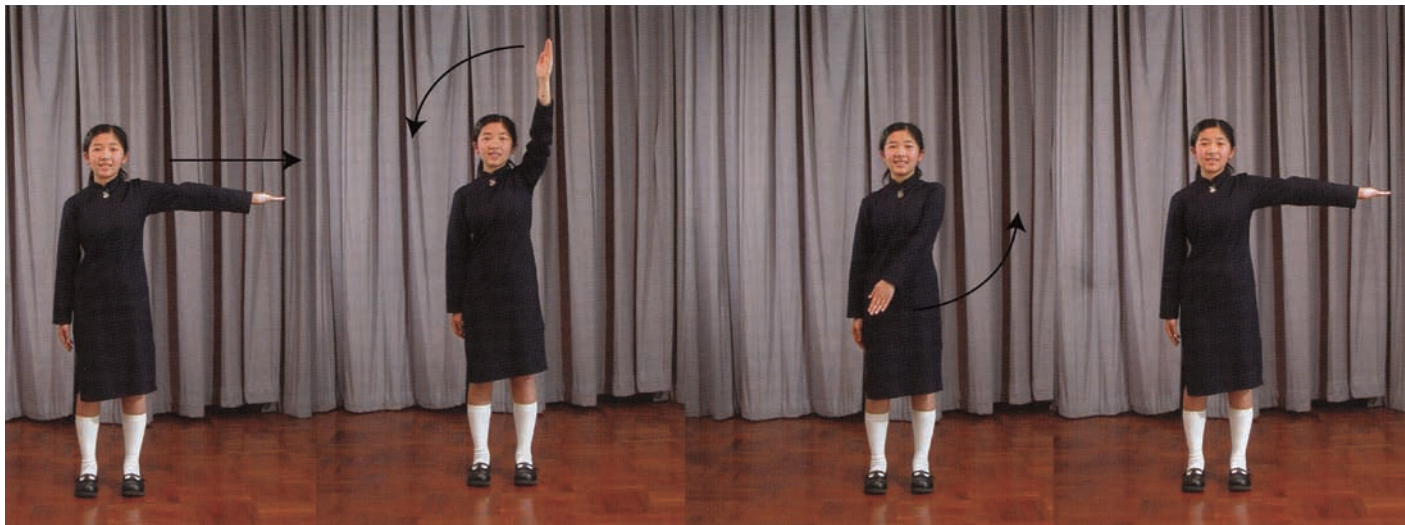
The third eight beats

3.1-3.4 The extended left arm makes a front clockwise rotation until reaching shoulder level to the left.



Stretching and whole body exercise

3.5-3.8 The extended left arm makes a front anti-clockwise rotation (with palm facing downwards) until reaching shoulder level to the left.



Stretching and whole body exercise

The forth eight beats

4.1-4.8 Same as 3.1-3.8, but the right arm rotates to the left.

Part 4 (a total of 4 eight beats)

The first eight beats

- 1.1 Both arms fully extend in front of the chest. Fingers interlocked.
- 1.2-1.8 Arms extend forwards vigorously. The back bends slightly.



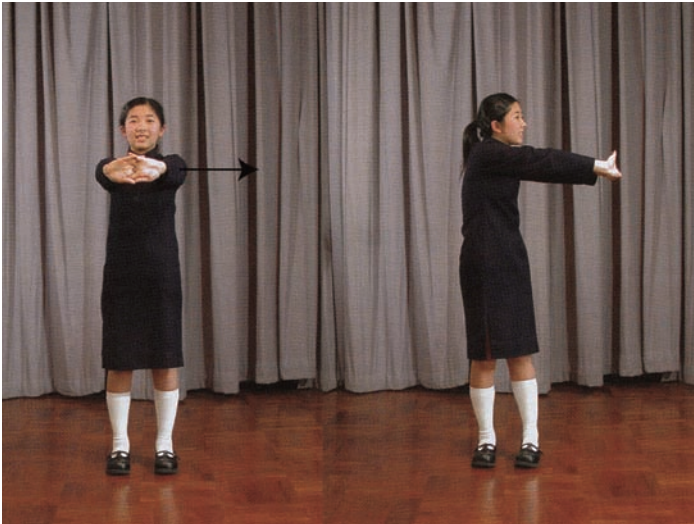
Stretching and whole body exercise

The second eight beats

- 2.1 Fingers of two hands interlocked. Arms turn from the front to the left at chest level.
- 2.2-2.8 Head and upper body turn to the left front.

The third eight beats

- 3.1 Fingers of two hands interlocked. Arms turn from the left to the front at chest level.
- 3.2-3.8 Repeat 1.2-1.8



Stretching and whole body exercise

The forth eight beats

- 4.1 Fingers of two hands interlocked. Arms turn from the front to the right at chest level.
- 4.2-4.8 Head and upper body turn to the right front. Back bends slightly.



Part 5 (a total of 4 eight beats)

The first eight beats

- 1.1-1.8 Left leg steps forwards once to form a bow shape while keeping right leg fully extended. Half squat with heels touching the ground.



Stretching and whole body exercise

The second eight beats

2.1-2.8 Left heel touches the ground with left leg fully extended. Right knee bends.

The third eight beats

3.1-3.8 Same as 1.1-1.8, but right leg forms a bow shape.

The forth eight beats

4.1-4.8 Same as 2.1-2.8, but right heel touches the ground with right leg fully extended.



Stretching and whole body exercise

Part 6 (a total of 4 eight beats)

The first eight beats

- 1.1-1.7 With arms akimbo, right knee fully extends. At the same time, the left leg swings to the left. Upper body slightly leans to the right. Eyes look to the front.
- 1.8 Left leg steps on the ground.



The second eight beats

- 2.1-2.7 With arms akimbo, left knee fully extends. At the same time, the right leg swings to the right. Upper body slightly leans to the left. Eyes look to the front.
- 2.8 Right leg steps on the ground.



Stretching and whole body exercise

The third eight beats

- 3.1 With arms akimbo, left leg steps forwards and bends slightly.
- 3.2 Right leg extends to the right with the tiptoes touching the ground.
- 3.3 Right leg steps forwards and bends slightly.
- 3.4 Left leg extends to the left with the tiptoes touching the ground.
- 3.5-3.8 Repeat 3.1-3.4

The forth eight beats

- 4.1 With arms akimbo, left leg steps forwards and bends slightly.
- 4.2 Right leg extends to the right with the tiptoes touching the ground.
- 4.3 Right leg steps backwards and bends slightly.
- 4.4 Left leg extends to the left with the tiptoes touching the ground.
- 4.5-4.8 Repeat 4.1-4.4



Stretching and whole body exercise

Part 7 (a total of 4 eight-beats)

The first eight beats

1.1-1.8 With arms akimbo, left leg extends, moves forwards with the tiptoes touching the ground. The right shoulder turns to the front. Slightly raise the head.



The second eight beats

2.1-2.8 With arms akimbo, right leg extends and moves forwards with the tiptoes touching the ground. The left shoulder turns to the front. Slightly raise the head.



Stretching and whole body exercise

The third eight beats

- 3.1 With arm akimbo, left leg steps forwards once.
- 3.2 Left leg jumps once. Right leg raises up.
- 3.3 Right leg steps forwards once.
- 3.4 Right leg jumps once. Left leg raises up.
- 3.5-3.8 Repeat 3.1-3.4

The forth eight beats

- 4.1 With arms akimbo, left leg steps backwards once.
- 4.2 Left leg jumps once. Right leg raises up.
- 4.3 Right leg steps backwards once.
- 4.4 Right leg jumps once. Left leg raises up.
- 4.5-4.8 Repeat 3.1-3.4



Music lasts for about 1 minute 57 seconds

Hopping and running exercise

There is 1 set of eight beats for the prelude. The exercise consists of six parts.

Part 1 (a total of 5 eight beats)

The first eight beats

1.1-1.2 With arms akimbo, right leg stands straight. At the same time, the left leg extends forwards left with the tiptoes touching the ground once. Left leg retreats to the right inner ankle. Tiptoes touch the ground once.

1.3-1.4 Repeat 1.1-1.2

1.5 -1.6 The right leg stands straight. At the same time, the left leg extends towards the left with the tiptoes touching the ground once. Left leg retreats to the right inner ankle. Tiptoes touch the ground once.

1.7-1.8 Repeat 1.5-1.6



Hopping and running exercise

The second eight beats

2.1-2.2 Right leg stands straight. At the same time, left leg extends to the back with the tiptoes touching the ground once. Left leg retreats to right inner ankle. Tiptoes touch the ground once.

2.3-2.4 Repeat 2.1-2.2



2.5-2.6 Right leg stands straight. Left leg fully extends. Left tiptoes make a circular movement from left front to left back.

2.7-2.8 Repeat 2.5-2.6



Hopping and running exercise

The third eight beats

3.1-3.8 Same as 1.1-1.8, but right leg extends forwards.

The forth eight beats

4.1-4.8 Same as 2.1-2.8, but right leg extends backwards.

The fifth eight beats

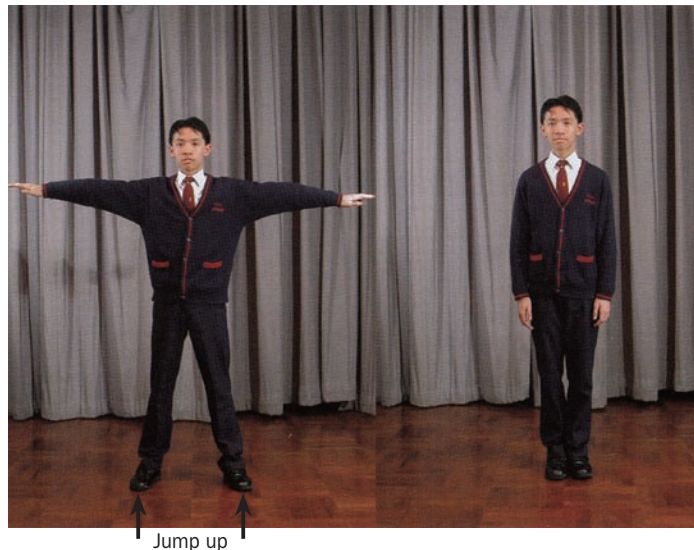
5.1-5.8 March on the spot 8 times.

Part 2 (for a total of 6 eight-beat)

The first eight beats

1.1-1.2 Jump on the spot and land with feet apart. Arms raise laterally. Jump again and land with feet together. Arms rest by the sides of the body.

1.3-1.4 Repeat 1.1-1.2



Hopping and running exercise

1.5-1.6 Jump and land with the left leg in the front. Arms rest by the sides of the body. Jump again and land with feet together.

1.7-1.8 Jump and land with the right leg in the front. Arms rest by the sides of the body. Jump again and land with feet together.



The second eight beats

2.1-2.8 Turn 90 degrees in an anti-clockwise direction, then repeat 1.1-1.8 (facing left)

The third eight beats

3.1-3.8 Turn 90 degrees in an anti-clockwise direction, then repeat 1.1-1.8 (facing backwards)

The fourth eight beats

4.1-4.8 Turn 90 degrees in an anti-clockwise direction, then repeat 1.1-1.8 (facing right)

The fifth eight beats

5.1-5.8 Turn 90 degrees in an anti-clockwise direction. March on the spot 8 times. (facing forwards)

The sixth eight beats

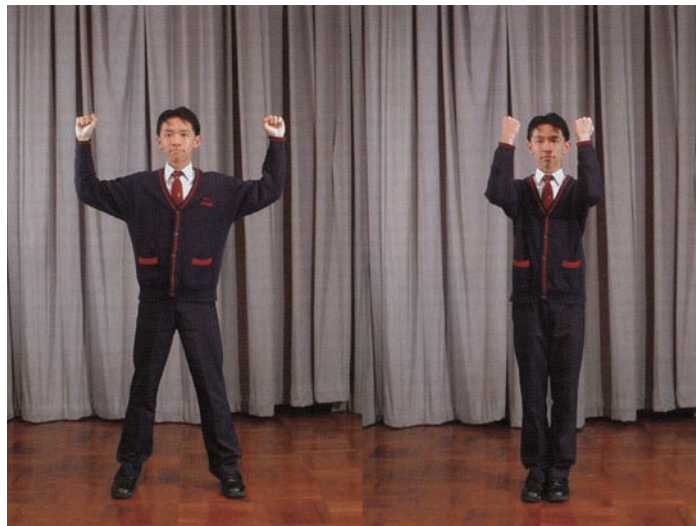
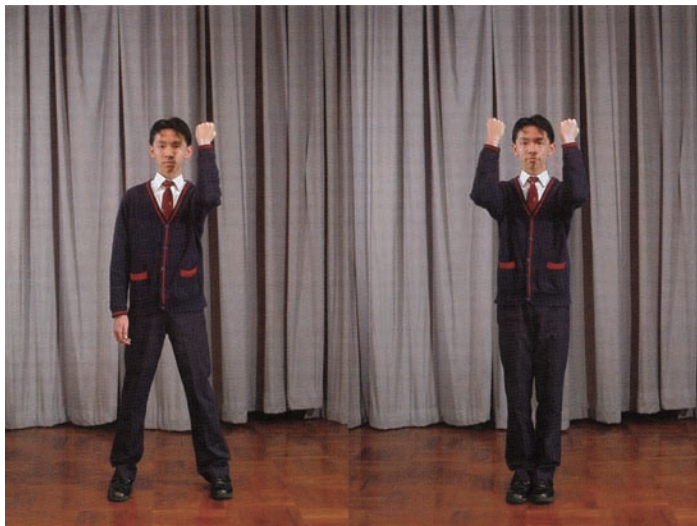
6.1-6.8 March on the spot 8 times.

Hopping and running exercise

Part 3 (a total of 5 eight beats)

The first eight beats

- 1.1 Left elbow flexes at 90 degrees in front of the chest while the left leg steps to the left once.
- 1.2 Right elbow flexes at 90 degrees in front of the chest while the right leg steps to the left so that the feet stand together.
- 1.3 Both elbows flex at 90 degrees in front of the chest and move backwards.
- 1.4 Both flexed elbows move to the front of the chest again and form 90 degrees.



Hopping and running exercise

1.5-1.8 Left elbow flexes with the hand touching the left shoulder.
Right hand extends to the right. Chest slightly opens. At the same time, left foot steps to the left.

The second eight beats

2.1-2.8 Same as 1.1-1.8, but the right elbow flexes at 90 degrees in front of the chest while the right foot steps to the right once.



Hopping and running exercise

The third eight beats

- 3.1-3.2 Left leg steps to the left once. Right leg cross-steps backwards.
- 3.3-3.4 Left leg steps to the left once. Jump up. Right leg kicks towards the right.
- 3.5-3.8 Same as 3.1-3.4, but the right leg steps to the right once.



↑
Jump up

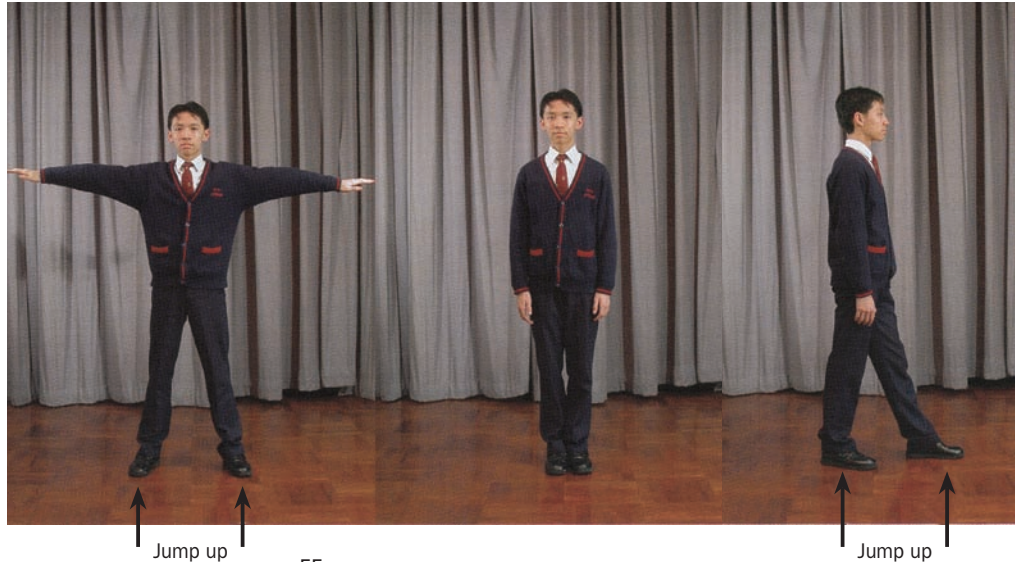
Hopping and running exercise

The forth and fifth eight beats

4.1-5.8 March on the spot 16 times.

Part 4 (a total of 5 eight beats)

Repeat Part 2 from the first eight beats to the fifth eight beats.

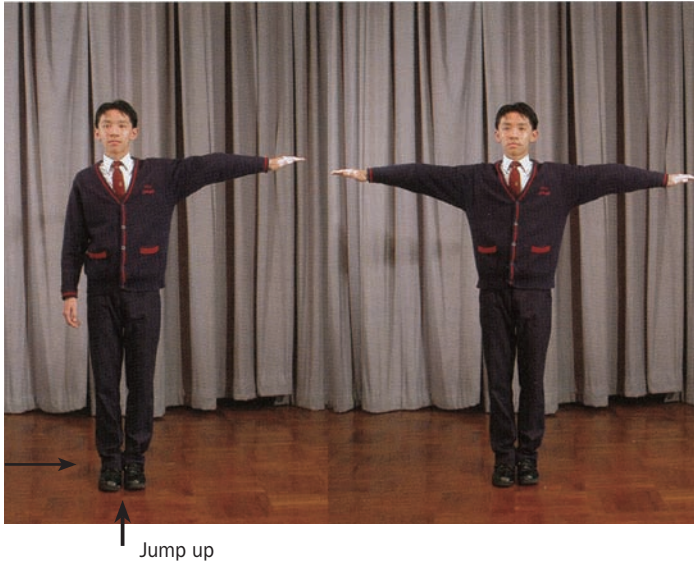


Hopping and running exercise

Part 5 (a total of 5 eight beats)

The first eight beats

- 1.1 Both legs jump to the left once.
- 1.2-1.3 Left arm fully extends to the left, and then right arm fully extends to the right.
- 1.4 Left elbow raises and flexes.
- 1.5 Left leg jumps up. At the same time, the right knee raises to the left.



Hopping and running exercise

1.6 Both flexed arms crossed, with hands touching the shoulders.



1.7 Both arms bend, with hands touching the shoulders.



1.8 Arms move back to the sides of the body and hang down.



Hopping and running exercise

Part 6 (a total of 5 eight beats)

Repeat Part 2 from the first eight beats to the fifth eight beats.

The second eight beats

2.1-2.8 Same as 1.1-1.8, but both legs jump to the right once.

The third eight beats

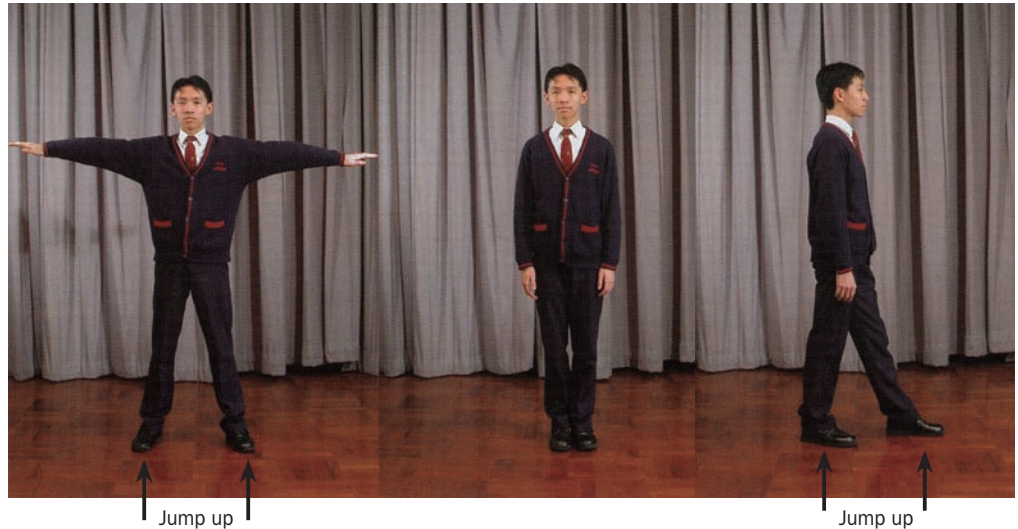
3.1-3.8 Repeat 1.1-1.8

The forth eight beats

4.1-4.8 Repeat 2.1-2.8

The fifth eight beats

5.1-5.8 March on the spot 8 times.



Music lasts for about 2 minutes 4 seconds

Cool down exercise

There are 2 sets of eight beats for the prelude. The exercise consists of three parts and each part has 4 eight beats.

Part 1 (a total of 4 eight beats)

The first eight beats

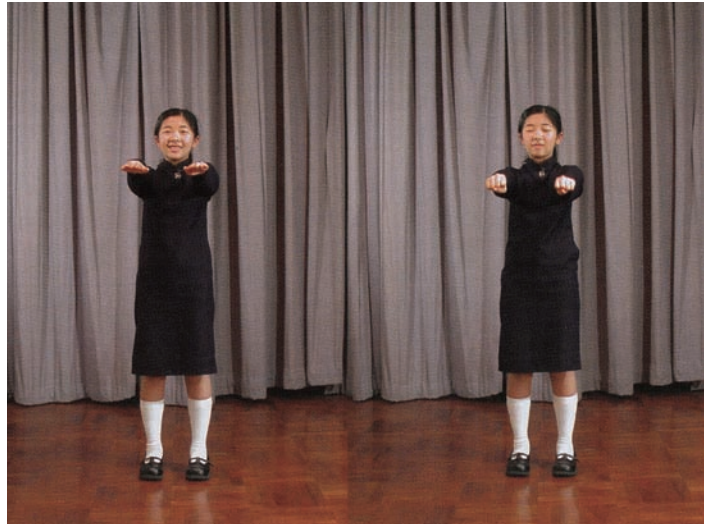
1.1-1.8 Both arms move up along the side of the body to above the top of the head. Take a deep breath.

The second eight beats

2.1-2.8 Both arms move downwards along the side of the body from the top of the head and hang down.

The third eight beats

3.1-3.4 Stand with feet apart. Both arms move upwards in front of the body to shoulder level.
3.5-3.8 Close the eyes. Turn palms to fists (from light to vigorous).



Cool down exercise

The forth eight beats

- 4.1-4.4 Eyes open slowly. Palms open. Both arms move to the side of the body at shoulder level.
- 4.5-4.8 Both arms move downwards along the side of the body and hang down.



Part 2 (a total of 4 eight beats)

The first eight beats

- 1.1-1.8 The heels of both legs take turns to raise and land. At the same time, the arms extend in front of the body. Left wrist bends upwards with the palm facing outwards. Use the right palm to pull the left fingers.



Cool down exercise

The second eight beats

2.1-2.8 Same as 1.1-1.8, but the left wrist bends downwards.

The third eight beats

3.1-3.8 Same as 1.1-1.8, but the right wrist bends upwards.

The forth eight beats

4.1-4.8 Same as 1.1-1.8, but the right wrist bends downwards.



Cool down exercise

Part 3 (a total of 4 eight beats)

The first eight beats

1.1-1.8 With arms akimbo, right leg stands straight. Left knee bends above the ground. Left ankle rolls clockwise.



The second eight beats

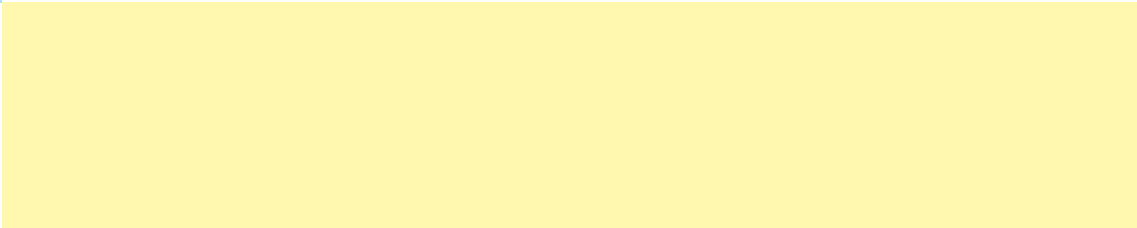
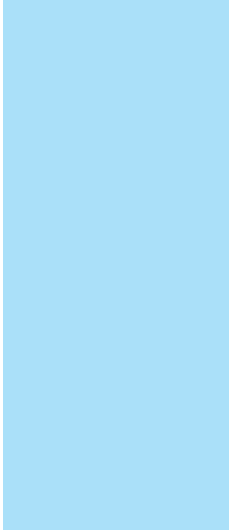
2.1-2.8 Same as 1.1-1.8, but left ankle rolls anti-clockwise.

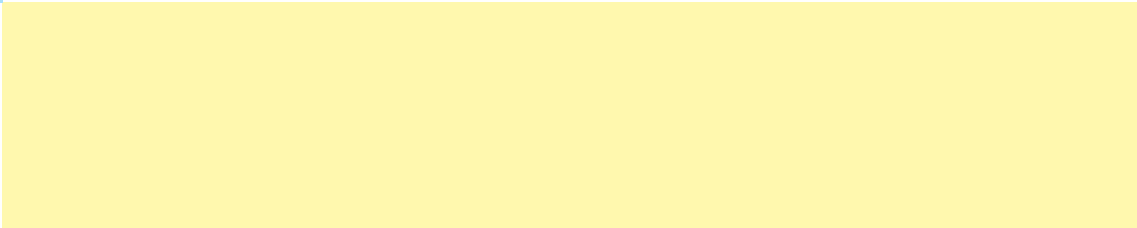
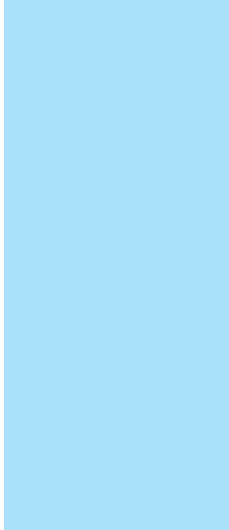


The third and forth eight beats

3.1-4.8 Same as 1.1-1.8 and 2.1-2.8, but left leg stands straight and the right ankle rolls.

Music lasts for about 1 minute 13 seconds





Acknowledgements

(In alphabetical order)

Professor Albert LEE
Director of Centre for Health Education and Health Promotion
Faculty of Medicine
The Chinese University of Hong Kong

Professor Stephen Heung-sang WONG
Department of Sports Science and Physical Education,
The Chinese University of Hong Kong

HKCWC Fung Yiu King Memorial Secondary School

HK Teachers' Association Lee Heng Kwei Secondary School

Kowloon Tong School (Primary Section)

St. Catherine's School for Girls, Kwun Tong

Stewards Pooi Yin Primary School (AM)

Sung Tak Wing Kin Sheung Memorial School (AM)

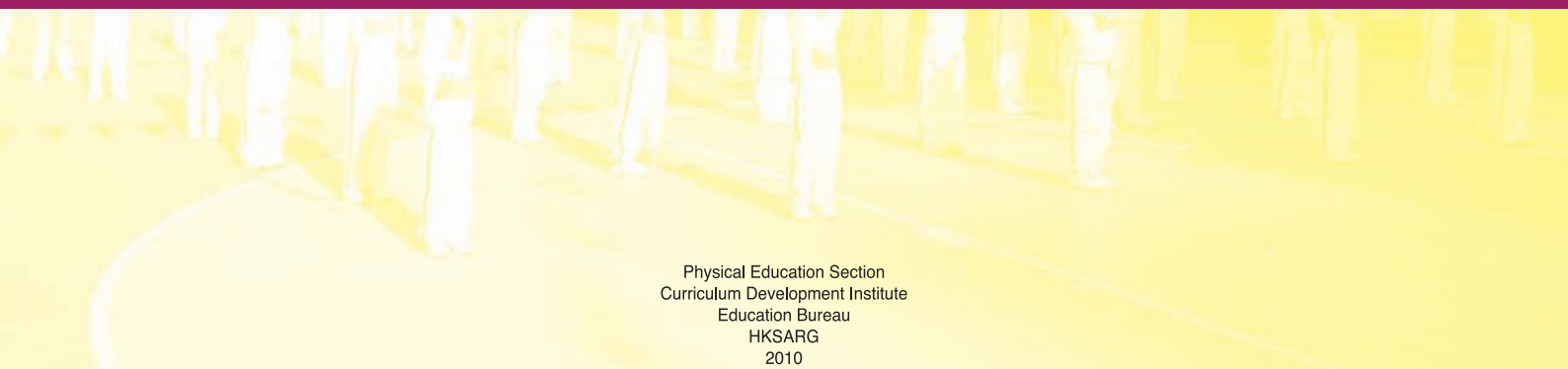
Tai Po Old Market Public School & Tai Po Old Market Public School (Plover Cove)

Tin Shui Wai Catholic Primary School



Morning Exercise and Exercise between Class Periods in Primary and Secondary Schools

Teacher's Handbook



Physical Education Section
Curriculum Development Institute
Education Bureau
HKSARG
2010