



香港道教聯合會青松中學

The Hong Kong Taoist Association Ching Chung Secondary School

蔡子良校長

梁朗姿老師

阮凱欣老師

余志恒老師

青松CCSS

價值觀教育

於課堂推動
價值觀教育的策略和技巧

(英文科、視藝科及體育科)

辦學宗旨

「明道立德」「道化教育」

「以道為宗，以德為化，
以修為教，以仁為育」



價值觀教育

本校價值觀教育之發展

2017 以前

推行主題式價值觀教育活動

2017-2018

全校老師投票選出六項重點價值觀

→青松人理念

2018至今

以全校參與模式推行價值觀教育

青松人理念

堅毅自信 弘愛惜福
勇於承擔 樂於包容

Perseverance and Confidence
Kindness and Thankfulness
Commitment and Responsibility
Forgiveness and Empathy

範例一

於課堂推動價值觀教育的 策略和技巧

英國語文科

中三級

價值觀教育主題：感恩

價值觀教育級際主題：Gratitude

與科組合作：English Language

合作方式：Lending a Helping Hand
(Unit 2) Variety Show

主題：Love and Care

Lending a Helping Hand

前期：引入主題及前期評估

中期：Reading, Speaking, Grammar,
Writing

討論表演方式及排練

後期：反思及後期評估

前測問卷

題目一：我會為生活中的小事而開心

	是		否	
3A	25	74%	9	26%
3B	24	86%	4	14%
3C	24	80%	6	20%
3D	30	88%	4	12%
中三級	103	82%	23	18%

題目二：我會以行動或說話感謝身邊的家人朋友

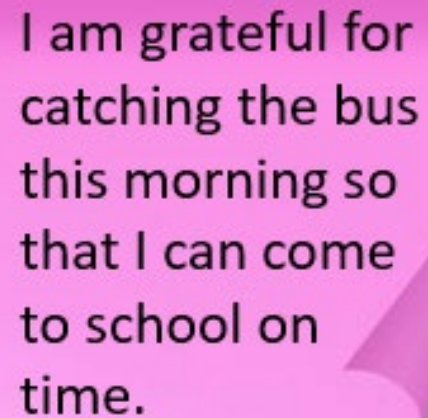
	是		否	
3A	20	59%	14	41%
3B	21	72%	7	28%
3C	19	63%	11	36%
3D	23	68%	11	32%
中三級	83	66%	43	34%

題目三：我會愛護環境

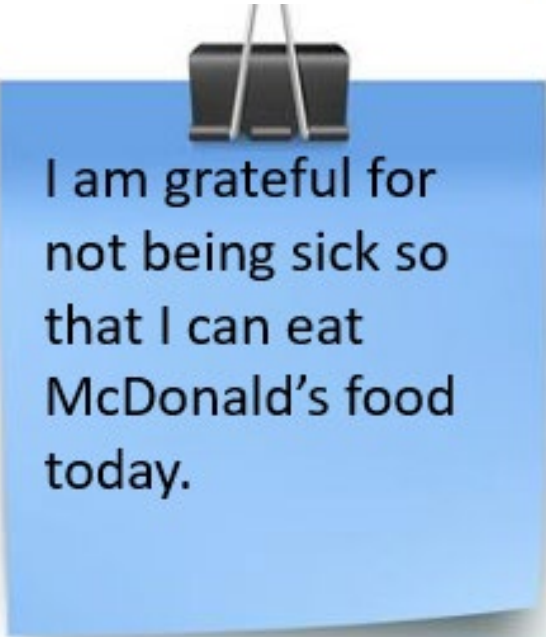
	是		否	
3A	27	79%	7	21%
3B	23	82%	5	18%
3C	24	80%	6	20%
3D	28	82%	6	18%
中三級	102	81%	24	19%



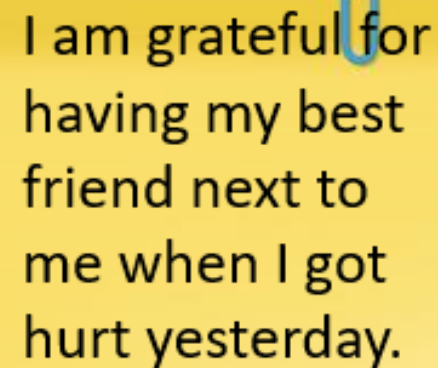
Grateful Corn



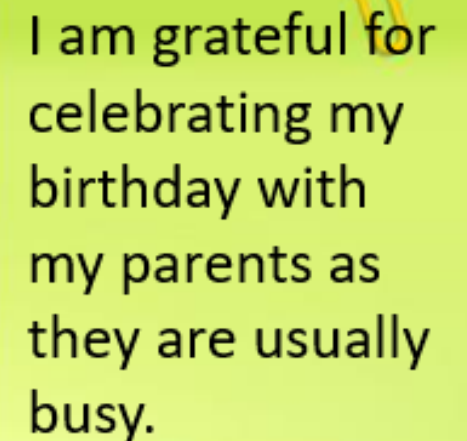
I am grateful for catching the bus this morning so that I can come to school on time.



I am grateful for not being sick so that I can eat McDonald's food today.



I am grateful for having my best friend next to me when I got hurt yesterday.



I am grateful for celebrating my birthday with my parents as they are usually busy.

Introduction

Theme



Reading

- Vocabulary
- Comprehension



We could be heroes!

Module: Rights and responsibilities

VOCABULARY

- Different groups of people in society
- Fundraising activities
- Qualities of good volunteers

GRAMMAR

- Passive voice
- Conditional sentences about possible situations
- Using unless

SKILLS

- Inferring meaning from context
- Understanding attitudes
- Elaborating on a point
- Showing excitement
- Using the prefixes mis-, non- and pre-

TEXT TYPES

- Web article
- Newsletter article
- Editorial

Reading

You have found an inspiring article on the Internet. Read the article.

Text 1 Web article

Anyone can be a hero!



home life health | beauty

1 ^{Q1} Roisin Smith ^{Q2} does not look like a hero. However, to another little girl called Lucy, Roisin is the biggest hero in the world.

5 2 In 2015, Lucy discovered that she had cancer when she was nine. The medicine she took made most of her hair fall out. She was almost completely bald.

3 One day, ^{Q3} four-year-old Roisin saw a picture of Lucy. She wanted to help Lucy by ^{Q6} cutting off some of her hair so that Lucy could have a wig.

10 4 After talking to her parents about it, Roisin cut off ^{Q5} 23 cm of her hair. The hair was donated to a charity called Little Princess Trust. Roisin's kind act was noticed in social media and on the news. She used her popularity to raise money for charity.

15 5 Roisin is an example for us to follow. A simple act of kindness makes you a hero! If we are all charitable like Roisin, the world will be a better place.

Lending a helping hand

C	A	O	B	S	T	A	C	L	E	R	A	C	E
M	I	N	O	R	I	T	I	E	S	S	R	N	S
E	R	D	D	E	T	T	I	M	M	O	C	A	U
O	T	O	S	L	S	E	R	F	S	M	I	C	A
S	P	O	N	S	O	R	E	D	R	U	N	Y	C
S	T	R	A	R	O	E	I	C	E	U	T	E	D
I	C	E	D	A	O	M	S	I	Y	I	E	S	O
U	E	H	E	M	S	I	T	O	R	A	F	I	O
S	S	E	L	F	L	E	S	A	I	A	C	A	G
S	S	N	R	H	T	A	H	A	T	R	I	R	N
O	H	R	T	S	A	C	C	E	U	I	N	O	X
S	N	E	D	E	X	P	E	R	I	E	N	C	E
S	K	I	N	D	A	C	T	T	O	F	R	A	I
P	E	A	O	H	T	D	O	N	A	T	I	O	N

Grammar

- Conditional sentence

- If I help the homeless, I will be happy.

(Type 1)

- If I were a millionaire, I would donate a lot of money to the needy. (Type 2)

Writing

Question:

Your class visited Shao Guan Hope Secondary School in northern Guangdong last month. You are asked to write a blog entry about the visit. Study the pictures below and write about 180 words.

①



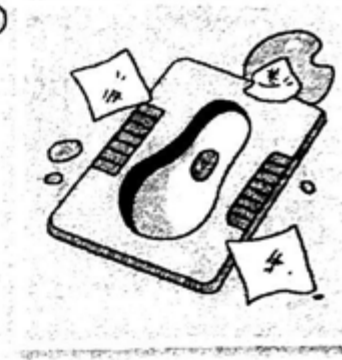
entrance / queued up /
clapped hands

②



broken

③



toilet / bad smell

④



gathering / chatted

⑤



sang songs

⑥



exchanged gifts / cherish

Choral speaking



The Elderly Need Your Ca

The Elderly Need Your Care!
By Dr. John Celes

They love to walk;
They love to talk;
They need our care;
Some only stare!

Some are alone;
No one will phone;
No one will feed,
Or clothe them indeed.

Their minds have fears;
Left by their dears;
Their face won't show,
Heart's anguish, oh!

They have gone aged;
They are now caged;
Some are diseased;
Some lives have ceased.

Weak is their frame;
Some are now lame;
They're a burden;
None will them gladden.

Not all are quite lucky;
Some are mere orphans;
Some get a phone-call;
Most trip and fall.

This is their sad plight;
Their eyes have bad sight;
And when they fall ill,
Their course is downhill!

Presentation and Song dedication



We Are The World

Drama



F.3-F.4 Variety Shows

3D Ruan Zigu

The theme of the F.3 Variety Show was 'Giving a Helping Hand'. This was a meaningful theme that could let us know how we can help others. There were some good examples from the performances. We can help the people suffering from natural disasters, the victims of bullying, the disabled people, etc.



Our class performed well in this show. My classmates were very confident. We delivered our lines with standard pronunciation. However, some of us needed to improve our voice projection. For the other classes, I think their performances were very creative, especially 3CD Group 2.

Through this show, I came to understand that it is very important to help others. When everyone is kind to others, our world will become a better place to live in. There will be peace on this piece of land without selfishness.

Besides, this show made me become more aware of how to be an actor and how to show the best of myself to the audience on the stage. Moreover, the show provided a precious opportunity for me to learn English outside the classroom.

4A Chan Ho Ying

I am grateful that I could be an MC in the F.4 Variety Show. The experience made me more confident to face the audience. Also, it could drill my English speaking skills. Owing to my love for English, I was willing to spend a lot of time on practising. I treasure the opportunity that I was granted.

First, I had no idea how we could perform a show with the theme 'Success'. Fortunately, my groupmates gave me a lot of suggestions. Their help made the performance run smoothly. Besides, this experience let me know the importance of sportsmanship. I appreciate that they reflect on things that they do not know and provide sincere and constructive advice.

I also enjoyed the other groups' performances. They were able to spread the message convincingly. Indeed, variety shows are a good time for us to realise our strengths and weaknesses. Surely, no one is perfect but we can progress gradually in our life.



F.4 Variety Show

F.4A Chui Ka Ki

This year, the theme of the F.4 Variety Show was STEM – an educational idea that is undertaken by a lot of schools in Hong Kong. For those who have no idea what STEM is, it stands for four subjects, namely Science, Technology, Engineering and Mathematics. It aims to encourage students to use scientific knowledge to solve problems in daily life.



There were various types of performances. Some groups performed drama plays or advertisements while others sang songs or recited poems. All the performances helped students have a better understanding of different STEM concepts. For our group, we created a drama play called 'The Badminton Kids'. It explained that science and badminton are closely related. The more accurately we hit the shuttlecock, the more powerful the shots are. It shows students that STEM is everywhere in our lives. The performances delivered by different groups could not only show how STEM solves our daily life problems, but also allow students to experience the fun of learning STEM.

For me, I felt more confident in speaking after the show as I was the narrator of our group's drama play and it was also the first time for me to be the MC. It was a wonderful experience which I will never forget.

My breakthrough

F.4D Lam Yan Pui

I always want to improve my spoken English but I lack confidence and ability. In order not to have any regrets, I plucked up my courage and took the initiative to volunteer to be the MC of the F.4 Variety Show. This was a big challenge for me.

It was my first time talking to such a big crowd and my legs felt like jelly when I first stood on the stage. Yet, I understood this was what I had to confront. Luckily, the intensive training helped me calm down. The script was interactive, as I had to gather opinions from the audience from our group's drama show about their favourite innovative product. It was not easy at all to motivate the audience to give feedback but I MADE it! The sense of satisfaction was incomparable.

As a whole, I think students should not underestimate our ability. Listen to the teachers' advice. Be brave to take the first step out of our comfort zone. No matter it is a success or failure, it is an experience which is worth remembering.



COVID-19

Variety Show



Video making

The Early Years – How the Duo Met Rachel Cheung, Published: 5 May, 2019

Both Wong and Lau took up volleyball in high school as a hobby. They came across each other while studying at a vocational school and began partnering in 2014, setting their sights on the Asian Games. As amateur athletes, they worked hard to fund their dream. Both coached volleyball at schools and work as online fitness trainers for extra cash ("He woke up at six to do that!" Wong exclaims about his teammate). The pair trained at night and all through the weekends, spending hours on the beach enduring punishing heat in summer and chilling cold in winter.

Without extra funding, they kept to a frugal budget for their trips to more than a dozen national and regional competitions each year. They ordered the cheapest meals on restaurant menus and sometimes spent more than 20 hours on a train to get to a competition. "The biggest expense was flight tickets. So to get the lowest fare, we would opt for the worst times, arriving late at night and having to spend the night at the airport," Wong says. Those were some of the toughest – but in hindsight, also happiest – days in their career. "We were just glad to be there. And if we won, that's something extra," Wong says.

Their achievements saw them meet the qualifications to become elite athletes under the Hong Kong Sports Institute's Sports Scholarship Scheme in March last year, allowing them to train and compete full time.



Lau's Long Road to recovery & New Expectations

Rachel Cheung, Published: 5 May, 2019

Eight months and five rounds of chemotherapy later, Lau is now in remission. In February, he received a bone marrow transplant from his elder sister, who was fortunately a matching donor.

"It feels like a kiwi," he says as he rubs his newly sprouted hair on his head. In solidarity, Wong has also shaved his head.

Lau is recovering well and appears positive despite his circumstances. But the treatments have taken a physical toll. "You feel useless, especially remembering how fit you were and then being like this. Once after a treatment, I was not even able to walk a single flight of stairs," he recalls. Equally difficult was the lengthy hospital stay that seemed to never end.

He has regained some of his strength, but is still far from the agile, hardy athlete he used to be. A short walk across Causeway Bay under the sun leaves him panting from exertion and he constantly wears a mask to avoid infections, which he is prone to, due to a weakened immune system.

His doctor has advised against trying to become a professional athlete. "Even if I play, I have to do it indoors since I cannot be exposed to the elements," Lau says. He longs to be back in action, but for now he dares not hope for too much. Wong has also adjusted his expectations. He had initially postponed plans to join the disciplinary forces in the faint hope that they could make a return to the next Asian Games, "but now I would be satisfied with just a casual game with him on the field."



The Emotional Ups and Down for the Duo Rachel Cheung, Published: 5 May, 2019

However, as they got closer to their goal, Wong became increasingly unnerved. "We'd gotten so far, we couldn't afford to lose. I couldn't imagine going back." Overwhelmed with doubt, Wong became harsher on himself as well as his partner. Once, he threw an angry fit during a competition and received a red card. Another time, he admitted to Lau that he couldn't see a future in volleyball and didn't believe they could achieve anything. "Even though I said something so hurtful, Kevin told me he still believed in me," Wong says.

The turning point came when Wong returned from an argument with their coach, only to find Lau in tears. "I told myself I couldn't continue like that," Wong says. Remembering their early days and their dreams of volleyball success, he started adopting a more positive attitude. "But then this happened," says Wong of Lau's illness, fighting back tears.

It came as such a huge blow to both. They had put heart and soul into the sport to reach a near pinnacle, then had to walk away from the game of their lives. "I only want a second chance. But I can't change now even if I want to," Wong says.



Leukemia and its treatments Rachel Cheung, Published: 5 May, 2019

Leukemia is a cancer of the blood or bone marrow. It is the 13th most common cancer worldwide, with 437,033 new cases diagnosed in 2018, according to the World Cancer Research Fund. It can occur at any age and is the most common paediatric cancer.

Symptoms include swelling in the stomach, which is the result of leukemia cells collecting in the spleen and liver; enlarged lymph nodes, typically in the armpits, groin and neck; extreme fatigue; and bone and joint pain.

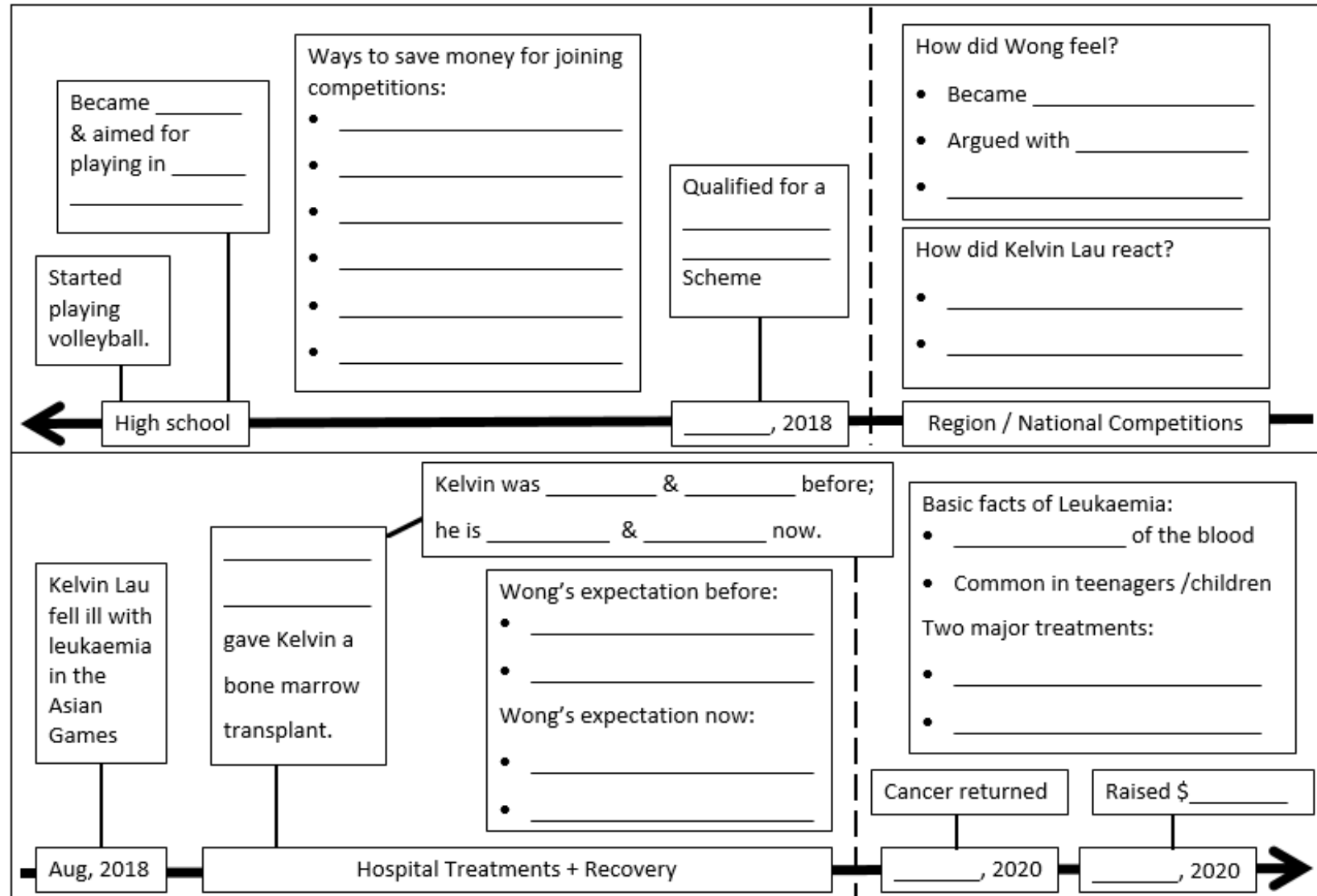
Treatments include targeted therapy, radiation therapy and chemotherapy, in which a combination of drugs is used to kill the tumour cells. Another is a bone marrow transplant – more often called a stem-cell transplant – in which healthy stem cells are used to replace damaged ones.



Information Gap Activity

Name: _____ Class: ____ ()

Complete the text diagram with the information given in the 4 reading texts. Collaborate with your classmates to get the task done.





後測問卷

題目一：我會為生活中的小事而開心

	是		否	
3A	27	93%	2	7%
3B	24	92%	2	8%
3C	26	87%	4	13%
3D	30	97%	1	3%
中三級	107	92%	9	8%

題目二：我會以行動或說話感謝身邊的家人朋友

	是		否	
3A	24	83%	5	7%
3B	24	92%	2	8%
3C	28	93%	2	7%
3D	29	94%	2	6%
中三級	105	91%	11	9%

題目三：我愛護環境

	是		否	
3A	29	100%	0	0%
3B	25	96%	1	4%
3C	28	94%	2	6%
3D	30	97%	1	3%
中三級	112	97%	4	3%

教學策略

✓ Reading

✓ Grammar

✓ Speaking

✓ Group discussion

✓ Writing

✓ Drama

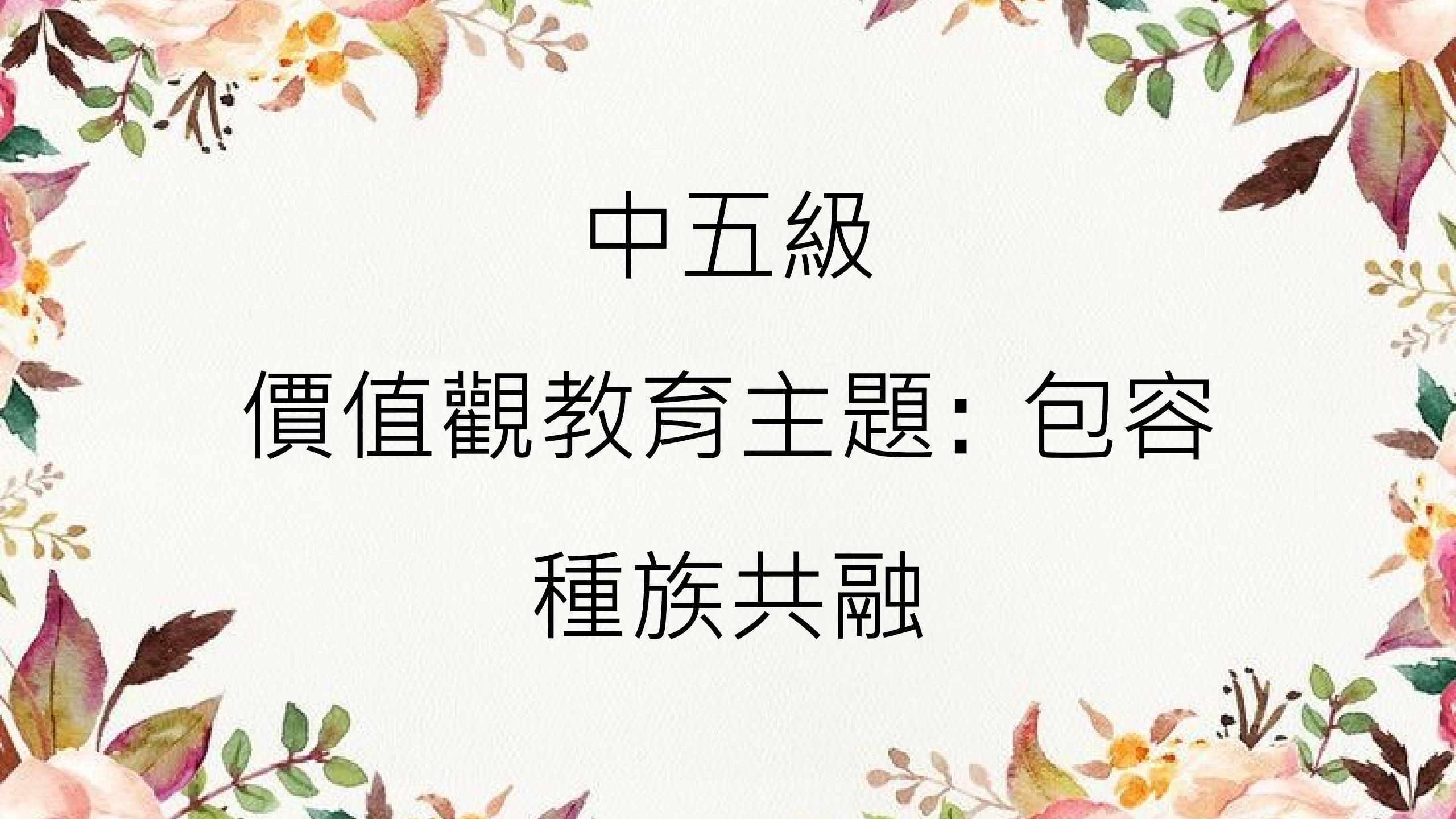
✓ Worksheets e.g. Crossword



範例二

於課堂推動價值觀教育的 策略和技巧

視藝科

A decorative border of watercolor-style flowers and leaves in shades of pink, orange, yellow, and green, framing the central text.

中五級

價值觀教育主題：包容

種族共融

價值觀教育級際主題：包容

與科組合作：視藝科

與機構合作：WEDO GLOBAL (愛同行)



A decorative border made of watercolor-style flowers and leaves in shades of pink, orange, yellow, and green, framing the top and sides of the page.

樂。融種族藝術體驗

前期：活動引入及前期評估

中期：書法欣賞及藝術設計

後期：樂。融義賣及後期評估



樂。融種族藝術體驗

視藝堂：3次連堂

其他學習經歷堂：3次連堂

前測問卷

題目一：我尊重及包容不同種族的人。

	十分同意		頗同意		頗不同意		十分不同意	
5A	27	82%	6	18%	0	0%	0	0%
5B	13	59%	9	41%	0	0%	0	0%
5C	16	67%	8	33%	0	0%	0	0%
5D	16	67%	8	33%	0	0%	0	0%
中五級	72	70%	31	30%	0	0%	0	0%

題目二：我明白不同種族的人在文化上的差異。

	十分同意		頗同意		頗不同意		十分不同意	
5A	23	70%	10	30%	0	0%	0	0%
5B	14	64%	7	32%	1	5%	0	0%
5C	15	63%	8	33%	1	4%	0	0%
5D	13	54%	11	46%	0	0%	0	0%
中五級	65	63%	36	35%	2	2%	0	0%

題目三：我願意與不同種族的人士相處。

	十分同意		頗同意		頗不同意		十分不同意	
5A	17	52%	16	48%	0	0%	0	0%
5B	14	64%	7	32%	1	4%	0	0%
5C	13	54%	10	42%	1	4%	0	0%
5D	11	46%	13	54%	0	0%	0	0%
中五級	55	53%	46	45%	2	2%	0	0%

視藝科 X 其他學習經歷 (課節一)

樂。融嘉賓分享



視藝科 X 其他學習經歷 (課節二)

樂。融

文化社區之旅



少數族裔深水埗社區遊（混合模式）



你在香港生活遇到過甚麼困難嗎？

have you encountered any difficulties living in Hong Kong?

視藝科

課節一：

目標：認識書法藝術

(中國書法及阿拉伯書法)

引入活動 (5 分鐘)

1. 寫「愛」字 + 文字鑑賞

主要活動

1. 播放短片及進行小組討論 – 認識中國書法 (15 分鐘)

2. 以藝術角度討論「愛」字 (10 分鐘)

總結歸納 (5 分鐘)

1. 中國書法是歷史的見證

2. 從中國書法看出中華文化的多元性

主要活動(一)：播放短片（中國書法多面睇）



小組討論：

1. 書法的工具
2. 書法的種類
3. 古人對中國書法的看法
4. 中國書法的演變

引入活動 (5 分鐘)

1. 寫其他語言的「愛」字

主要活動

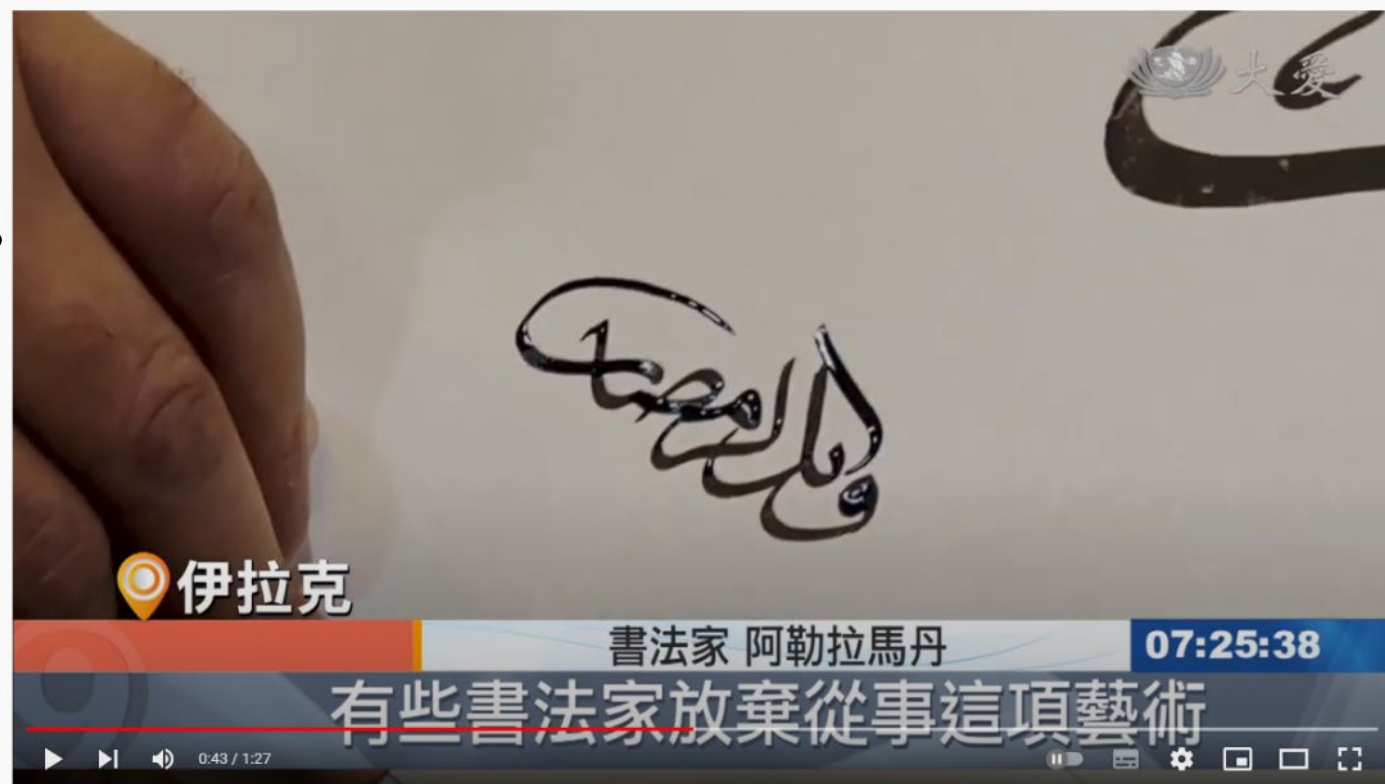
1. 播放短片及填寫工作紙 – 認識阿拉伯書法 (5 分鐘)
2. 以藝術角度比較中國書法及阿拉伯書法的「愛」字 (10 分鐘)
3. 學生投票選出喜愛的書法及進行討論 (10 分鐘)

總結歸納 (5 分鐘)

1. 書法是民族的重要文化
2. 世界上不同書法的存在特顯和而不同的精神

主要活動(一)：播放短片（伊拉克書法家）

- ◆阿拉伯文書法原是为優美地書寫《可蘭經》而發展起來的。
- ◆阿拉伯文書法有8種基本字體，字形都是由嚴格的規則決定的。
- ◆阿拉伯語為世界四大語言，因為語文結構複雜，跟中文一樣被稱為「最難學的語文之一」。

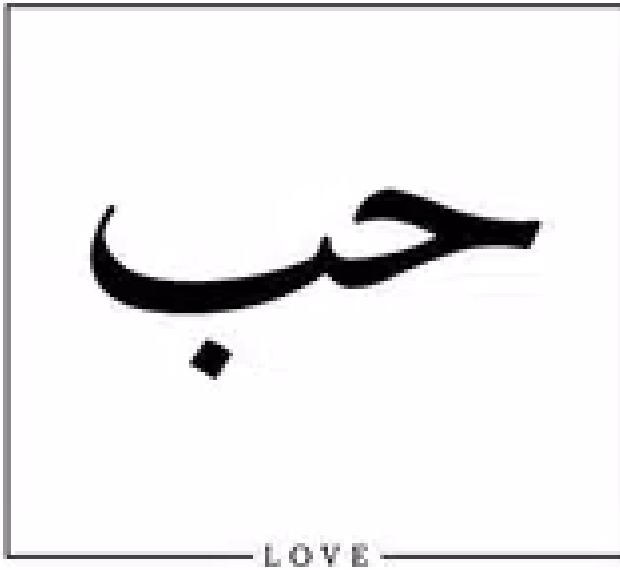


<https://www.youtube.com/watch?v=9EfBVJXG1zQ>

- ◆這種世界上獨一無二的書法藝術曾經受到畢卡索的鍾愛。
- ◆所有文字的字形都十分自然，非常協調，文字本身的比例就很美。
- ◆阿拉伯文書法有一種音樂的節奏感，即便看不懂意思，也能從中享受到一種美感。



主要活動(二)： 以藝術角度比較中國書法及阿拉伯書法



主要活動(三)： 學生投票

延伸活動：播放短片（阿拉伯書法與現代藝術）



視藝科

課節二及三：

目標：

1. 從阿拉伯書法認識伊斯蘭文化
2. 藝術設計

- ◆阿拉伯書法是伊斯蘭文化藝術的一部分。
- ◆學生學習如何寫和讀阿拉伯詞語，以及聽聽香港穆斯林的故事。





*Royal Mosque (Imam Mosque) minaret
decorated with square Kufic in Iran
(Image source: Patrick Ringgenberg)*

*Islamic Derham from the Abbasid period with Kufic
scripts on both sides
(Image source: Hussein Alazaat)*



Let's learn and write new words!



Things to note:

Arabic Calligraphy Workshop



حِب
.....
LOVE

سَلَام
.....
PEACE

藝術設計





創作過程





學生作品



教學策略

✓簡報教學

✓全班分享

✓影片欣賞

✓藝術創作

✓小組討論

✓體驗學習

✓口頭報告

✓客席講師分享

視藝科 X 其他學習經歷 (課節三)

民族手繩藝術工作坊



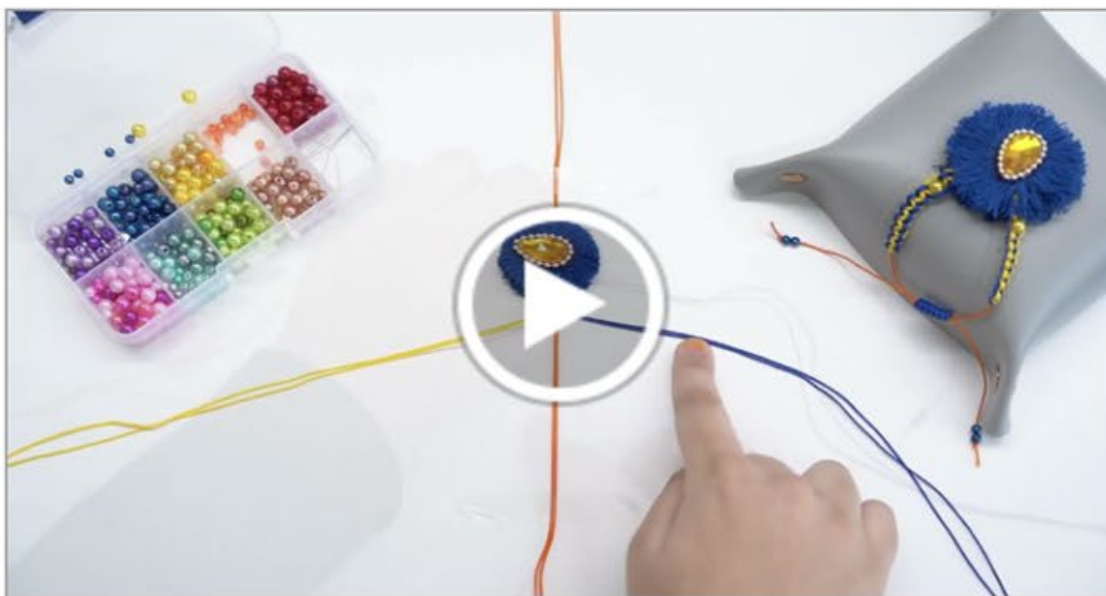
Raksha Bandhan (兄弟姊妹節/保護繩節)



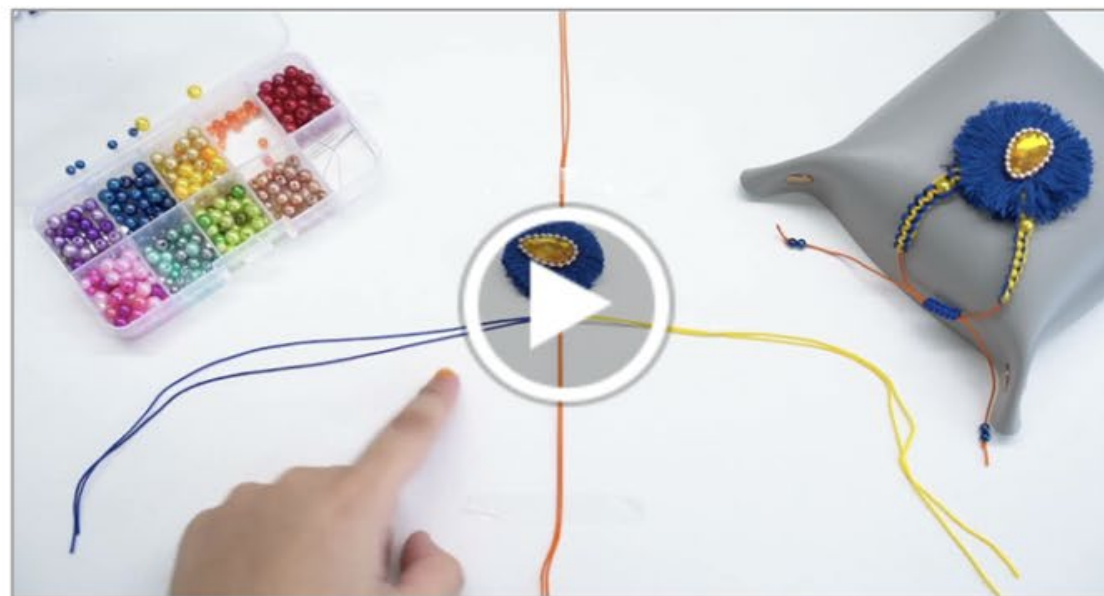
Steps (Square knot 平結)

Always start with the cord that **has Tape**!

1st knot



2nd knot



◆文化手繩在一些國家被認為具有友誼和保護的意義。

◆學生可以學習與文化手繩相關的文化和節日，同時製作自己設計的手繩。



A decorative border made of watercolor-style flowers and leaves in shades of pink, orange, yellow, and green, framing the central text.

本年計劃 –

視藝科 X 其他學習經歷 X 價值觀教育

樂。融

民族藝術品家長日義賣



◆活動籌得款項將捐助
給從事種族共融的機構

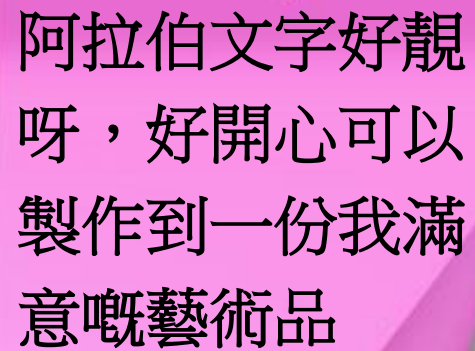


◆由中五學生籌劃活動

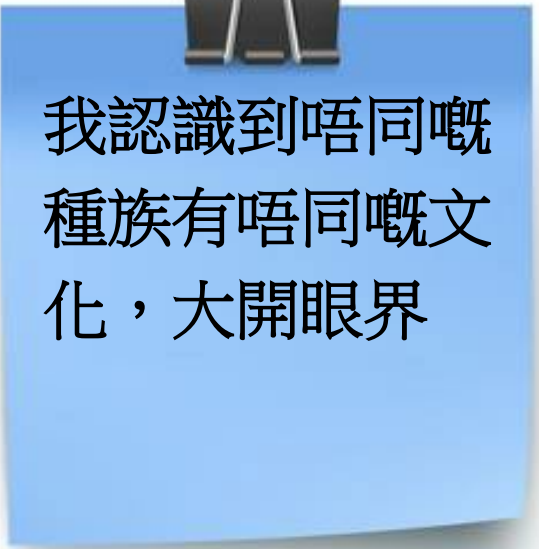




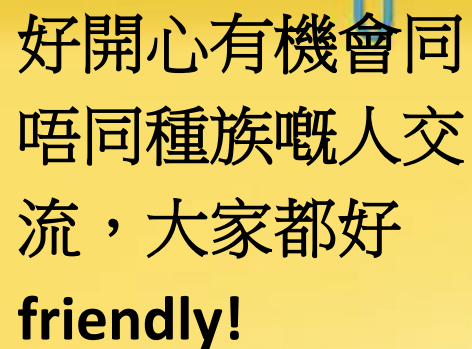
活動反思



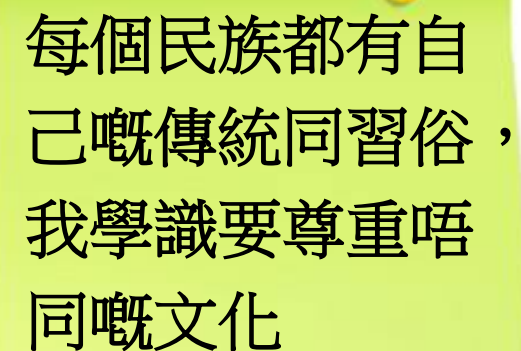
阿拉伯文字好靚
呀，好開心可以
製作到一份我滿
意嘅藝術品



我認識到唔同嘅
種族有唔同嘅文
化，大開眼界



好開心有機會同
唔同種族嘅人交
流，大家都好
friendly!



每個民族都有自
己嘅傳統同習俗，
我學識要尊重唔
同嘅文化

後測問卷

題目三：我願意與不同種族的人士相處。

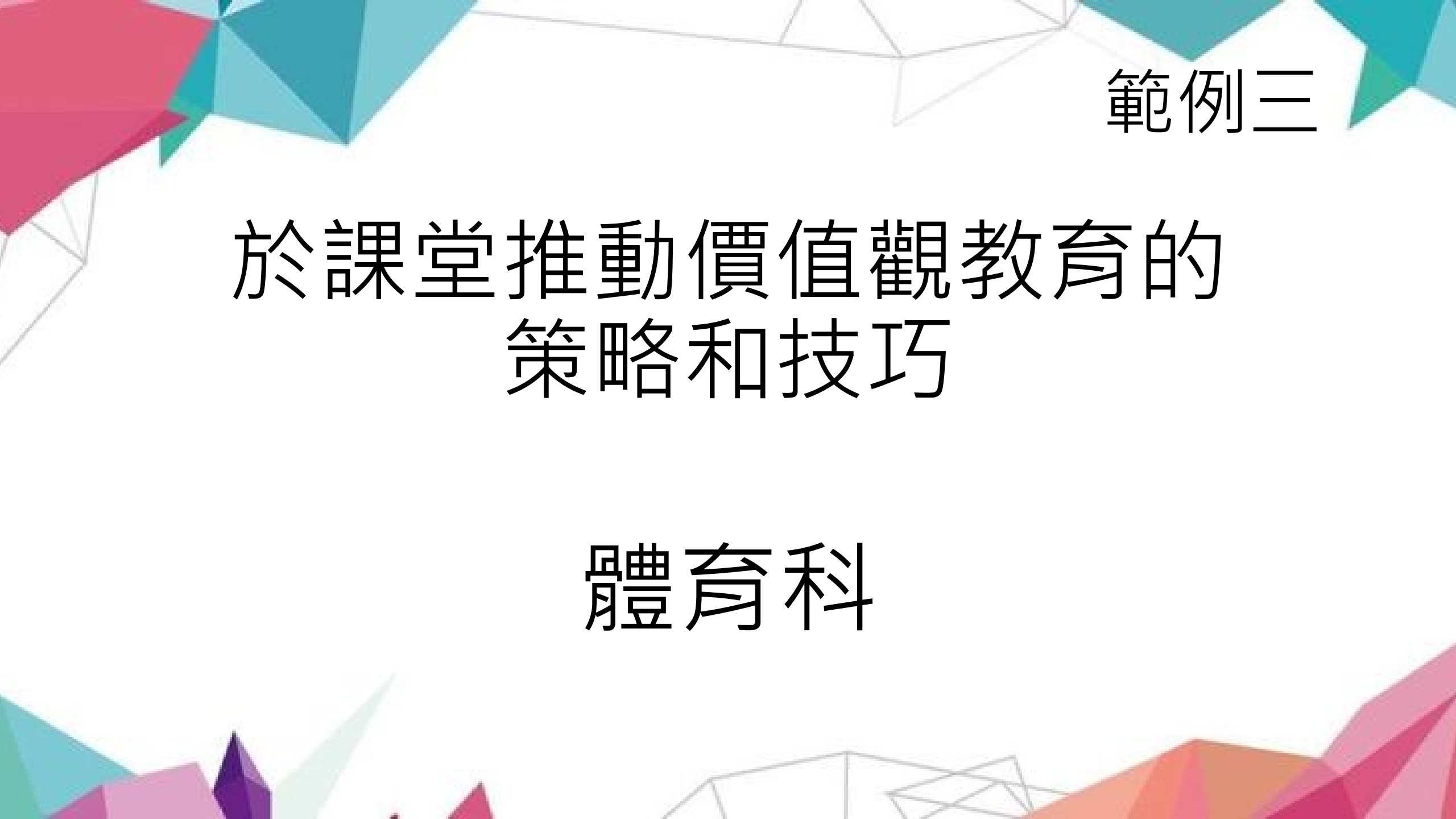
	十分同意		頗同意		頗不同意		十分不同意	
5A	19	66%	10	34%	0	0%	0	0%
5B	13	59%	8	36%	1	5%	0	0%
5C	15	63%	8	33%	1	4%	0	0%
5D	10	42%	14	58%	0	0%	0	0%
中五級	57	58%	40	40%	2	2%	0	0%

題目四：我樂意與不同種族的人成為鄰居。

	十分同意		頗同意		頗不同意		十分不同意	
5A	16	55%	13	45%	0	0%	0	0%
5B	15	68%	7	32%	0	0%	0	0%
5C	13	54%	10	42%	1	4%	0	0%
5D	9	38%	13	54%	2	8%	0	0%
中五級	53	54%	43	43%	3	3%	0	0%

題目五：我願意學習不同種族的文化。

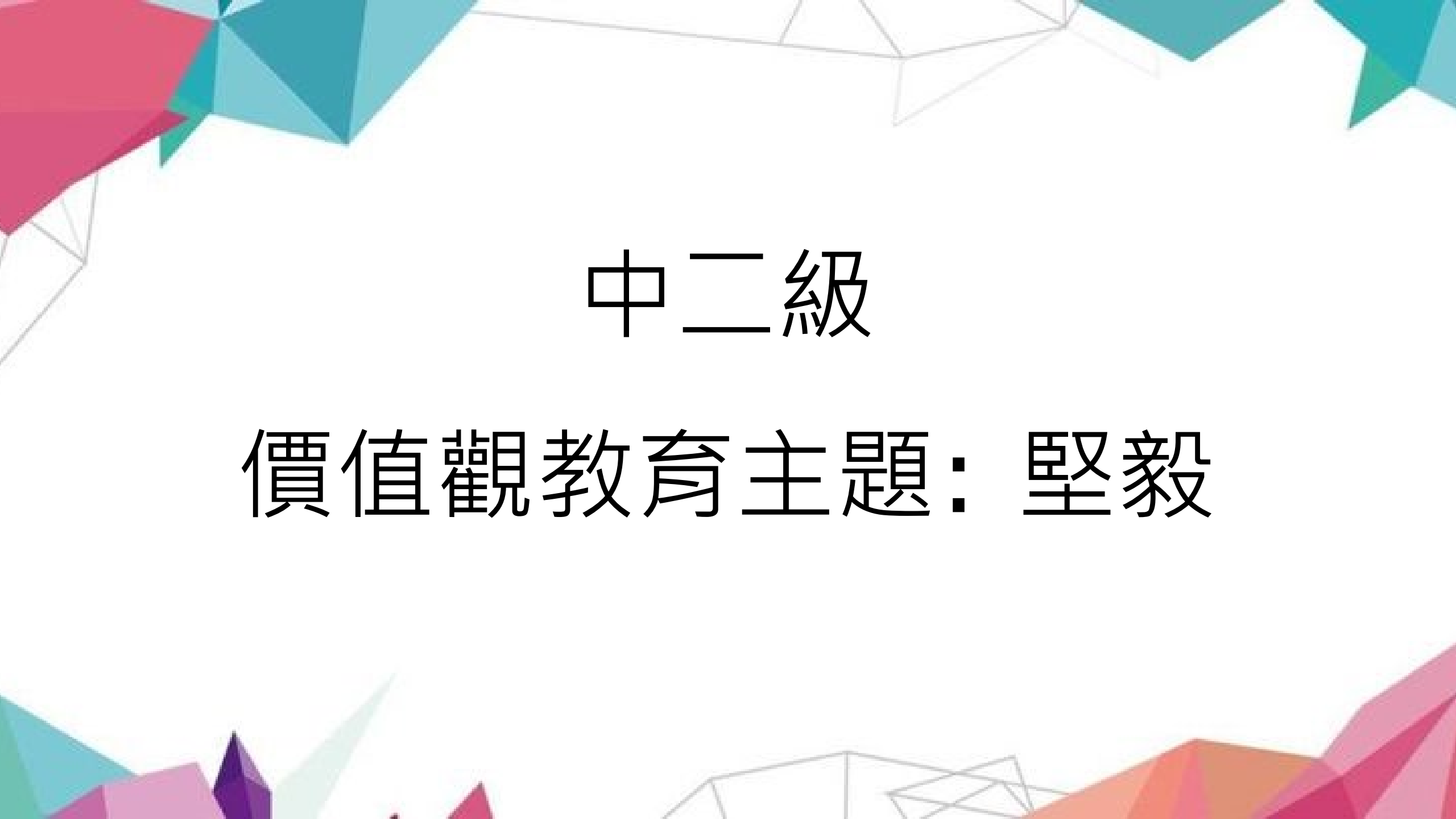
	十分同意		頗同意		頗不同意		十分不同意	
5A	19	66%	10	34%	0	0%	0	0%
5B	13	59%	9	41%	0	0%	0	0%
5C	18	75%	6	25%	0	0%	0	0%
5D	13	54%	9	38%	2	8%	0	0%
中五級	63	64%	34	34%	2	2%	0	0%



範例三

於課堂推動價值觀教育的 策略和技巧

體育科



中二級

價值觀教育主題：堅毅

毅。青10公里街跑之旅 (1月至3月)



價值觀教育級際主題：堅毅

與科組合作：體育科

與機構合作：全城街馬基金會



毅。青10公里街跑之旅

前期：心理建設及前期評估

中期：街跑體驗及訓練

後期：10公里街跑挑戰及後期評估

毅。青10公里街跑之旅

體育堂：8次連堂

其他學習經歷堂：2次連堂

體育科

課節一：(1月)

前測問卷 + 心理建設

簡單預告 + 5分鐘耐力跑

前測問卷

姓名：_____ 班別：_____ () 日期：_____

「毅青街跑訓練」校內問卷調查

+

(一) 活動形式及內容

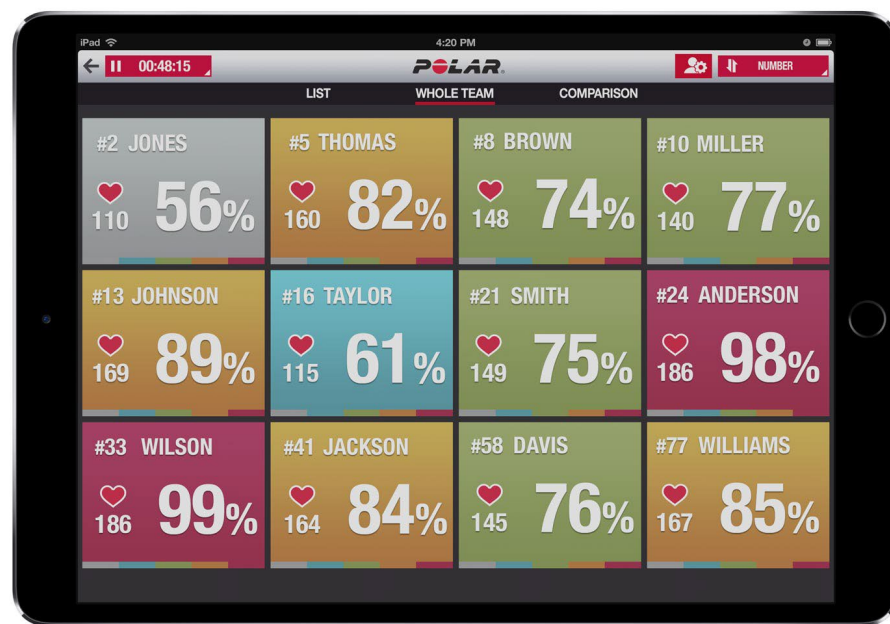
	非常不同意	不同意	同意	非常同意
1. 我認為舉辦活動的時段合適 (例如 OLE 節)				
如答非常不同意/不同意，請提出建議	_____			
2. 我認為舉辦活動的次數合適 (每週一次)				
如答非常不同意/不同意，請提出建議	_____			
3. 我認為每次活動的時間合適 (現時為 3 小時)				
如答非常不同意/不同意，請提出建議	_____			
4. 我認為舉辦活動的地點合適 (現為觀塘、藍田一帶)				
如答非常不同意/不同意，請提出建議	_____			
5. 我認為每次都安排 集體遊戲 是一個好安排				
6. 我認為這個活動令我有效認識附近的社區				
7. 我認為我在活動中有快樂的時光				
8. 我認為這個活動能令我對運動產生興趣				
9. 我認為這個活動能令我對運動減少厭倦感				
10. 這個活動令我希望自己養成做運動的習慣				
11. 我認為這個活動能夠令我更加堅毅				
12. 我認為這個活動有益，希望推介給下一年中二級的同学				

□

提問及感受分享

1. 你覺得10公里跑是什麼的一回事？
2. 你有冇信心可以完成10公里跑？
3. 堅毅和10公里跑有什麼關係？

電子儀器輔助教學



心理建設（一）：老師分享試跑過程



心理建設（二）：打氣片段

為毅。青打氣！

體育科

課節二：(1月)

簡單能力測試

分析、分享及練習建議

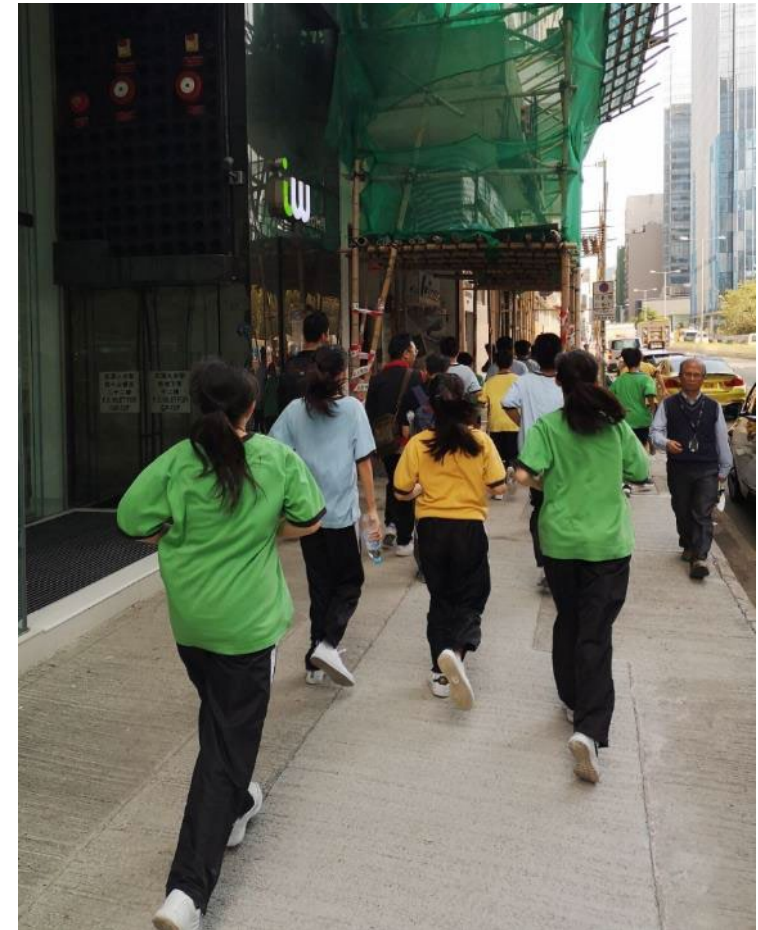
平衡力測試



速度跑測試



短距離街跑測試 (1 km)



建立信心及團隊氣氛

1. 透過團體小遊戲建立團隊氣氛及關係
2. 團結同學，互相鼓勵
3. 教練及老師分享自身的堅毅事例



體育科 X 其他學習經歷課節

毅。青10公里街跑之旅

誓師大會（1月）

了解學生的期望

第一章：我們的期望

精神狀態的期望

1. 跑得開心
2. 加強自動性，增加信心，肯定自己

7

★

第一章：我們的期望

其他期望

1. 生存下去
2. 沒有目標

8

★

第一章：我們的期望

堅毅的期望

1. 越跑越快 / 跑到更長的距離 / 突破體能極限
2. 用自己最好的速度來完成 / 跑到我能力範圍內的最好
3. 一直都在跑 / 不放棄 / 不半途而廢，努力到最後 / 堅持跑完

9

★

第二章：我們的擔心

對身體的擔心

1. 不夠氣 / 不夠體力 / 怕沒有能力
2. 怕受傷 / 怕腳傷 / 抽筋 / 擦傷 / 骨折 / 腳痛 / 拉傷
3. 太累 / 很快疲倦 / 怕自己跌倒
4. 怕暈倒 / 怕昏迷 / 怕死
5. 怕會胃痛及整親
6. 練不出腹肌
7. 怕小腿會粗

10

★

了解學生的擔心

第二章：我們的擔心

對自己表現的擔心

1. 怕自己完成不了 / 不能限時內完成 / 1小時內跑唔完
2. 我最多可以跑30分鐘 / 跑不到15分鐘及5公里以上 / 一米都行唔到 / 怕跑不到6公里以上 / 怕2公里也跑不到 / 怕200米也跑不到
3. 怕跑不到合理的公里 / 怕自己會步行 / 自己少做運動
4. 未能用自己最理想的速度完成
5. 怕自己跑步時運氣錯亂
6. 身體狀況欠佳或因病缺席

11

★

第二章：我們的擔心

對自己精神的擔心

1. 沒有恆心 / 中途放棄 / 堅持不了 / 因挫折而放棄
2. 怕只顧與同學談天
3. 怕失敗

12

★

第二章：我們的擔心

別人帶來的擔心

1. 怕跟不上別人 / 唔夠其他人快
2. 不想跑最後 / 跑包尾
3. 怕被人笑

13

★

第二章：我們的擔心

對街跑本身的擔心

1. 街上很多人，令我的速度減慢
2. 怕其他人走左，然後唔知點走 / 怕掉隊 / 路面情況不熟
3. 時間唔夠 / 要跑很久
4. 天氣不似預期 / 下雨 / 天氣突然轉差

14

★

重申活動目標

第三章：我們的目標



17

★

如何令生命更豐盛美好？



正向的變化/
走出安全區

堅毅



18

★

街跑只是一個過程、一種方式、一種變化的機會



堅毅

19

★

青松人

堅毅自信 弘愛惜福
勇於承擔 樂於包容

Perseverance and Confidence
Kindness and Thankfulness
Commitment and Responsibility
Forgiveness and Empathy



20

★

朗讀誓詞

我們是青松中學的學生，
在未來的日子，
我們定必承傳青松中學的優良傳統，
成為一個堅毅的人，
不輕言放棄。
此誓。

體育科

課節三至七：(2月至3月)

街跑訓練

- ◆ 遞增距離
- ◆ 感受社區

- 由全城街馬教練設計

- 逐步提升學生的跑步技巧及耐力

- 從而達致表現堅毅努力的效果

[illegible]

啟德遊輪碼頭



觀塘海濱公園





體育科 X 其他學習經歷課節

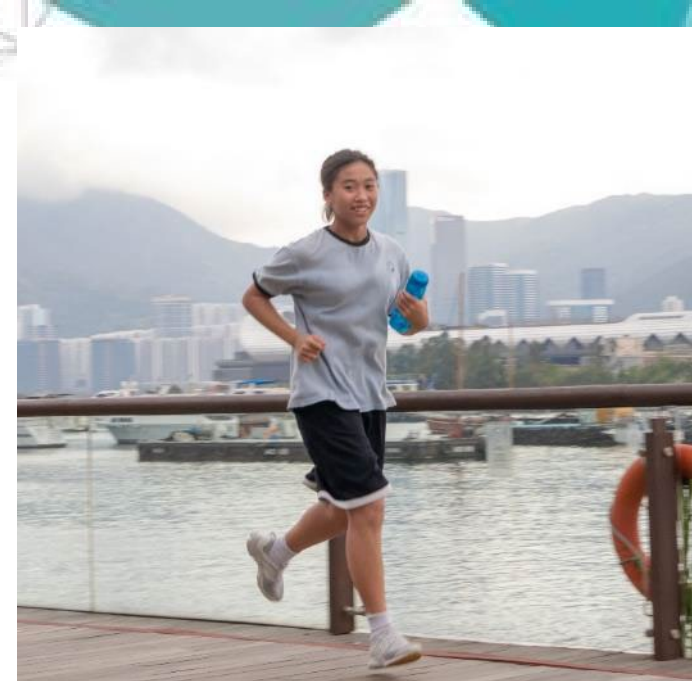
毅 。 青10公里街跑之旅

結業禮

起點合照



10公里挑戰



老師參與





衝
線



—
刻



結業禮



學生感言



體育科

課節八：(3月)

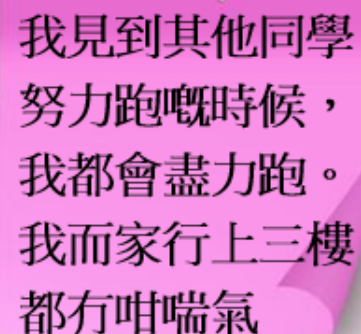
活動反思 + 後測問卷

數據回饋

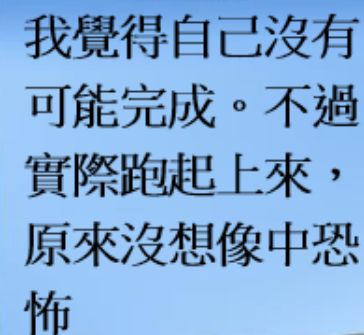
No.	姓名 (全名)	體能測試 (測試必須順次序完成)						
		1. Illinois agility test		2. 下蹲腿		5. 2.4公里跑步		
		完成時間(00"00)		1分鐘能完成多少下數		完成時間(00"00)		
		第1堂	第7堂	第1堂	第7堂	第1堂	第7堂	
1		20 : 08	19"67	16	30	22 : 12	20:19	M
2		27 : 02	24"68	36	46	24 : 34	21:08	M
3		23 : 08	22"60	58	47	16 : 25	16:18	M
4		25 : 00	21"90	36	4	20 : 39	27:54	M
5		16 : 03	17"88	71	62	17 : 22	12:29	M
6		16 : 08	17"58	78	78	16 : 29	18:35	M
7		20 : 00	21"68	39	79	24 : 59	21:33	F
8		N/A	N/A	N/A	N/A	N/A	N/A	M
9		20 : 01	22"09	30	73	24 : 56	21:33	F
10		19 : 07	N/A	25	N/A	24 : 59	N/A	F
11		N/A	19"45	N/A	82	N/A	17:00	F
12		N/A	N/A	N/A	N/A	N/A	N/A	F
13		N/A	19"67	N/A	62	N/A	21:40	F
14		18 : 00	18"93	58	87	15 : 18	12:09	M

活動反思

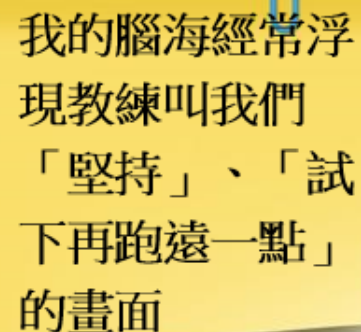
- ◆ 分享心路歷程
- ◆ 自己的心態改變
- ◆ 習慣上/生活上的改變



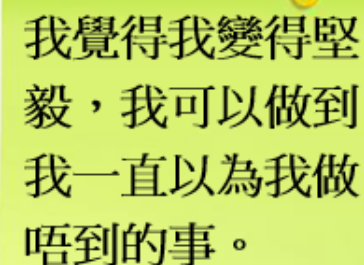
我見到其他同學
努力跑嘅時候，
我都會盡力跑。
我而家行上三樓
都有咁喘氣



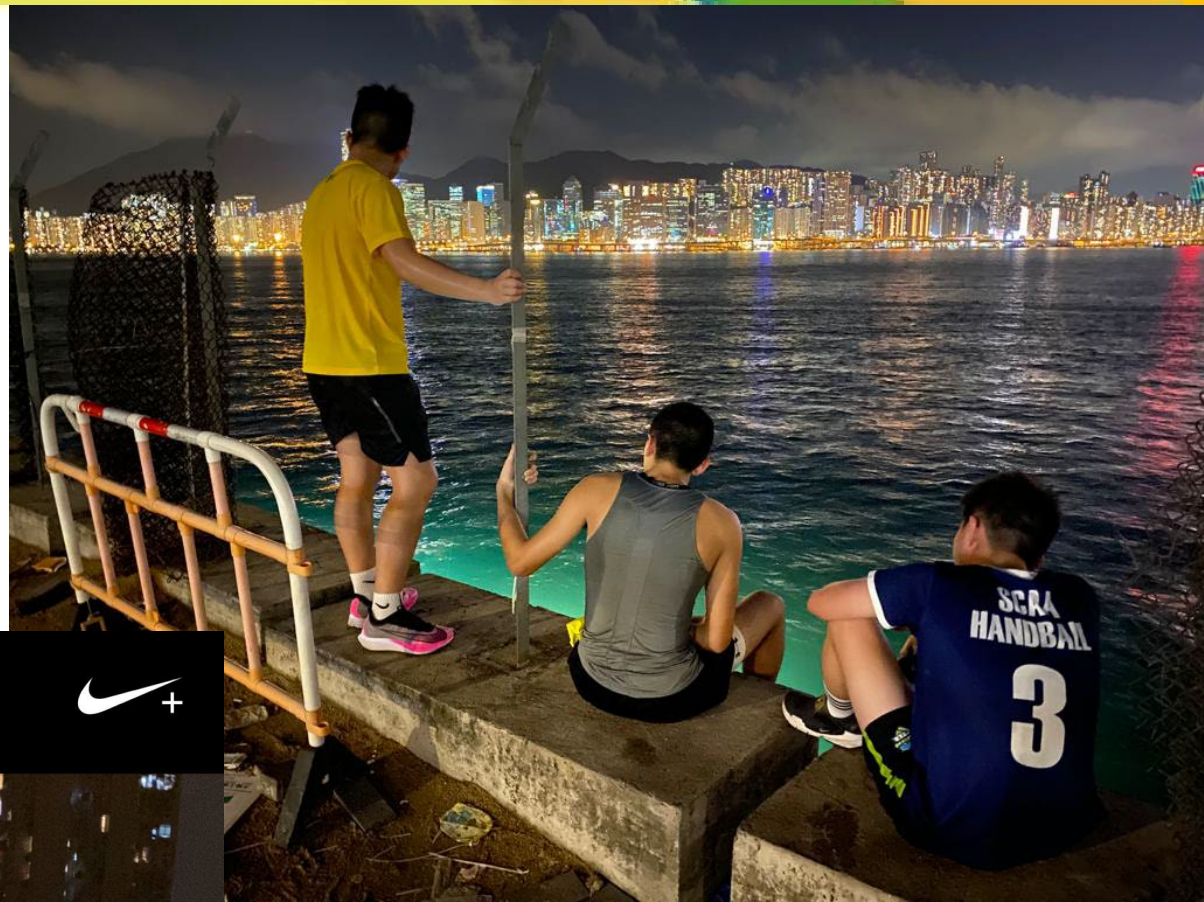
我覺得自己沒有
可能完成。不過
實際跑起上來，
原來沒想像中恐
怖



我的腦海經常浮
現教練叫我們
「堅持」、「試
下再跑遠一點」
的畫面



我覺得我變得堅
毅，我可以做到
我一直以為我做
唔到的事。



後測問卷

問卷名稱: 中二級「堅毅」後測量表

(1: 十分不同意; 4: 十分同意)

題目一: 我遇困難時不輕易放棄。

	1		2		3		4	
2A	2	7%	1	3%	19	63%	8	27%
2B	0	0%	2	7%	18	60%	10	33%
2C	0	0%	4	13%	16	53%	10	33%
2D	1	3%	0	0%	18	60%	11	37%
中二級	3	2%	7	5%	71	55%	39	30%

題目二: 我學習時有恆心。

	1		2		3		4	
2A	1	3%	2	7%	20	67%	7	23%
2B	0	0%	6	20%	17	57%	7	23%
2C	0	0%	5	17%	14	47%	11	37%
2D	1	3%	0	0%	17	57%	12	40%
中二級	2	2%	13	10%	68	52%	37	28%

題目三: 我在體能發揮方面十分持久。

	1		2		3		4	
2A	3	10%	7	23%	14	47%	6	20%
2B	0	0%	9	30%	14	47%	7	23%
2C	2	7%	3	10%	17	57%	8	27%
2D	3	10%	4	13%	14	47%	9	30%
中二級	8	6%	23	18%	59	45%	30	23%

疫情應變措施

花式跳繩



香港花式跳繩會

毅。青花式跳繩 結業禮



來年計劃 – 體育科 X 價值觀教育

- 心跳監測器
- 晶片計時
- 數據儲存
- 跟文憑試體育科連結

教學策略

✓心理建設

✓團體遊戲

✓提問

✓電子儀器輔助教學

✓小組分享

✓數據回饋

✓經歷分享

✓反思



課堂內外 全校參與





香港道教聯合會青松中學

The Hong Kong Taoist Association Ching Chung Secondary School

青松人理念

堅毅自信 弘愛惜福
勇於承擔 樂於包容

Perseverance and Confidence
Kindness and Thankfulness
Commitment and Responsibility
Forgiveness and Empathy

中一級
承擔

中二級
堅毅

中三級
感恩

中四級
關愛

中五級
包容

中六級
自信

價值觀教育委員會
Values Education

多謝!