



## 跳繩簡報系列：單人繩

<p>1. 單人繩（基本動作）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/1_rope_skipping_single_rope_chi_basic.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/1_rope_skipping_single_rope_chi_basic.pptx</a></p>	
<p>2. 單人繩（簡單擺繩花式）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/2_rope_skipping_single_rope_chi_swing.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/2_rope_skipping_single_rope_chi_swing.pptx</a></p>	
<p>3. 單人繩（轉身動作及簡單腳步花式）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/3_rope_skipping_single_rope_chi_rotation&amp;lv1_step.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/3_rope_skipping_single_rope_chi_rotation&amp;lv1_step.pptx</a></p>	
<p>4. 單人繩（進階腳步花式）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/4_rope_skipping_single_rope_chi_lv2_steps.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/4_rope_skipping_single_rope_chi_lv2_steps.pptx</a></p>	
<p>5. 單人繩（交叉跳花式）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/5_rope_skipping_single_rope_chi_cross.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/5_rope_skipping_single_rope_chi_cross.pptx</a></p>	
<p>6. 單人繩（雙重跳花式及三重跳）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/6_rope_skipping_single_rope_chi_double_triple.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/6_rope_skipping_single_rope_chi_double_triple.pptx</a></p>	
<p>7. 單人繩（進階花式）</p> <p><a href="https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/7_rope_skipping_single_rope_chi_advance.pptx">https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/Rope_Skipping/7_rope_skipping_single_rope_chi_advance.pptx</a></p>	

