





「幼營喜動校園計劃」證書派發準則

挑戰一：正餐之間只吃一次健康小食

「正餐之間只吃一次健康小食」是為期四個星期的活動。在挑戰開始後，幼兒只要每天在正餐之間只吃一次健康小食，便能從家長手上取得1枚「小食」貼紙 。當幼兒連續取得7枚「小食」貼紙後，老師便可獎他／她1枚「健康小勇士」貼紙 。

挑戰二：親子體能遊戲齊齊玩

「親子體能遊戲齊齊玩」是為期四星期的活動。在挑戰開始後，幼兒只要每天與家長進行體能遊戲，便能從家長手上取得1枚「親子」貼紙 。當幼兒連續取得7枚「親子」貼紙後，老師便可獎他／她1枚「健康小勇士」貼紙 。

校方可以根據幼兒取得的「健康小勇士」貼紙數目，派發不同級別的證書，以茲嘉許：



金獎：取得3枚或以上「健康小勇士」貼紙

銀獎：取得2枚「健康小勇士」貼紙



銅獎：取得1枚「健康小勇士」貼紙

Criteria for award of certificates

Challenge 1: “Have healthy snacks only once between main meals”

“Have healthy snacks only once between main meals” is a four-week task. To start, the challenger should meet the target of having healthy snacks only once between main meals on a single day, for which he/she can get a “snack” sticker . When the challenger has collected seven stickers in a row, he/she will get a “Little Healthy Fighter” sticker .

Challenge 2: “Let us play parent-child physical games”

“Let us play parent-child physical games” is a four-week task. To start, the parent records the challenger’s physical activity time in the logbook. If the challenger has played parent-child physical games with their parents on a single day, he/she can get a “parent-child” sticker . When the challenger has collected seven stickers in a row, he/she will get a “Little Healthy Fighter” sticker .

According to the number of “Little Healthy Fighter” stickers collected by the challenger, the kindergarten can present to him/her a certificate of a certain level.

Gold Award: for 3 “Little Healthy Fighter” stickers or more collected

Silver Award: for 2 “Little Healthy Fighter” stickers collected

Bronze Award: for 1 “Little Healthy Fighter” stickers collected