

School Name: Yan Oi Tong Chan Cheng Yuk Yee Kindergarten

School Year: 2024/25

Grade : K3

Activity Name: Wing Chun Experience

Activity Objectives:

1. Allow children to experience the essence of Chinese martial arts and cultivate a sense of cultural identity.
2. Develop physical coordination and foster concentration.

Activity Overview and Record:

Under the guidance of a professional Wing Chun coach, children learn basic stances, hand movements, and other techniques. Through a step-by-step training approach, the programme effectively enhances children's physical coordination as well as the development of both fine and gross motor skills. The course uniquely incorporates the essence of Chinese martial arts culture, teaching traditional etiquette such as the "Bao Quan Li" (Fist Salute), allowing children to experience the humble spirit of "cultivating virtue through martial arts" and fostering respect for teachers and ethical principles.

