

恆常參與體能活動

Participating in Physical Activity Regularly



MVPA
60

學生應在一星期平均每天累積最少60分鐘
中等至劇烈強度的體能活動

Students should accumulate at least an average of
60 minutes daily of moderate- to vigorous-intensity
physical activities across the week



心肺耐力

Cardiorespiratory Endurance



肌肉骨骼健康

Healthy Muscles and Bones



新陳代謝

Metabolism



腦部健康

Brain Health



社交能力

Social Skills



心血管疾病

Cardiovascular Diseases



受傷機會

Chance of Injury



脂肪

Body Fat



精神壓力

Pressure



情緒抑鬱

Symptoms of Depression



建立活躍及 健康生活的方式

Developing an Active and Healthy Lifestyle



學生應在一星期平均每天累積最少60分鐘
中等至劇烈強度的體能活動

Students should accumulate at least an average of
60 minutes daily of moderate- to vigorous-intensity
physical activities across the week

劇烈
Vigorous
強度 intensity



呼吸急速、心跳很快及
大量流汗，不能交談自如

Rapid breathing, rapid heart rate,
heavy sweating, and feeling too hard
to talk

跑步 Running

快速游泳 Fast swimming

競賽性的體育活動 Competitive sports activities

中等
Moderate
強度 intensity

呼吸和心跳稍為加快及輕微流汗，
但仍能交談自如

Fast breathing, increased heart rate
and sweating, but one is able to talk

急步走 Brisk walking

行樓梯 Climbing the stairs

運球 Dribbling



低
Low
強度 intensity



體能活動

Physical Activity



$$A + B + C + D =$$



學生應在一星期平均每天累積最少60分鐘中等至劇烈強度的體能活動

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A 戶外 Outdoor

遊樂場玩耍
Playing in the playground **15** 分鐘+
min+

親子活動
Parent-child activities **30** 分鐘+
min+

B 家中 At Home

家務
Housework **15** 分鐘+
min+

體適能活動
Fitness activities **15** 分鐘+
min+



D 其他 Others

急步行
Brisk walking **20** 分鐘+
min+



C 學校 At School

小息/午息活動
Recess/
Lunch break activities **30** 分鐘+
min+

早操/課間操
Morning exercise/
Exercise between class periods **10** 分鐘+
min+

聯課活動
Co-curricular activities **60** 分鐘+
min+





活躍及健康的 生活方式

An Active and Healthy Lifestyle

學生應在一星期平均每天累積最少60分鐘

中等至劇烈強度的體能活動

Students should accumulate at least an average of 60 minutes daily of moderate- to vigorous-intensity physical activities across the week



柔韌度和力量練習
Flexibility and Strength Exercise

2-3 次/星期
times/week

中等強度的體能活動
Moderate Physical Activity

每天 Daily



奶類
Dairy



水果
Fruits

蔬菜
Vegetables



穀物
Grains



肉、魚、蛋
及代替品
Meat, Fish, Egg
and Alternatives



劇烈強度的體能活動
Vigorous Physical Activity

3-5 次/星期
times/week

