



**南勢附幼**

**幼兒體能活動**

## ☺ 卡通拳擊健身操-初級版

<https://www.youtube.com/watch?v=MDCs1b-fkdM>

## ☺ 卡通拳擊健身操-終極版

<https://www.youtube.com/watch?v=mMfjCr6C-kc>

## ☺ Home Workout

<https://www.youtube.com/watch?v=oc4QS2USKmk&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI>

[GSD9VathH2cXgy42d7wINilR7cLI](https://www.youtube.com/watch?v=oc4QS2USKmk&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI)

## ☺ Daily Physical Activity For Children At Home

<https://www.youtube.com/watch?v=uy5pnX4xAuw&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI&index=6>

[GSD9VathH2cXgy42d7wINilR7cLI&index=6](https://www.youtube.com/watch?v=uy5pnX4xAuw&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI&index=6)

## ☺ Best Kids Exercise

[https://www.youtube.com/watch?v=7W2N-](https://www.youtube.com/watch?v=7W2N-Xcw17U&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI&index=15)

[Xcw17U&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI&index=15](https://www.youtube.com/watch?v=7W2N-Xcw17U&list=PLtXVGGSD9VathH2cXgy42d7wINilR7cLI&index=15)

記得適時  
補充水份唷





**家中也要做好防疫措施**  
**大家都要健康平安喎**