



遊戲 2 Game 2

投籃遊戲 Basket Shooting Game

所需物資 Materials Required

紙球或小軟球、衣服和
其他接球的器具
A paper ball or small soft
ball, clothes and other
object for catching ball.

遊戲目標 Game Objectives

1. 訓練孩子的上肢力量。
1. To train the upper limb power of children.
2. 訓練孩子的投接技巧。
2. To train the ball throwing and catching skills of children.
3. 訓練孩子的手眼協調能力。
3. To train the hand-eye coordination of children.

遊戲玩法 Game Rules



- 1 爸媽拉起所穿的衣服，孩子拿著紙球。
Parents hold the clothes and their children hold the paper ball.
- 2 與孩子對站在合適的距離，請孩子把球拋向他們。
Parents stand opposite to their children at an appropriate distance, and ask their children to throw the ball to them.
- 3 爸媽用拉起的衣服，接著孩子拋出來的球。
Parents catch the balls thrown by their children by their clothes.



- 4 孩子拋完球後，爸媽與孩子互換角色，由孩子負責接球。
After the children have finished throwing the ball, parents should change roles with their children and let them catch the ball.

遊戲變化 Game Alternatives

1. 加長拋接的距離。
1. Lengthen the distance for throwing the ball.
2. 讓孩子把球投進移動中的承載目標。
2. Let the children throw the ball into a ball-catching object that is moving.
3. 爸媽把球拋向不同方向，讓孩子走動更多。
3. Parents can throw the ball to different directions, so as to let their children move more.

