

中國銀行(香港)呈獻:
Bank of China (Hong Kong) Presents:

國家發展成就系列
National Development and Achievements Series

趣味習作 Activity Sheet

臻至完美

APPROACHING PERFECTION

運動與科學的交匯 The Intersection of Sports and Science

姓名 Name :

班別 Class :

我的運動日誌

My Sports Progress Tracker

在「中國銀行(香港)呈獻:國家發展成就系列——臻至完美:運動與科學的交匯」展覽中找出相關的展品,完成習作並記錄「運動小達人」的一天!

Explore the relevant exhibits at the "Bank of China (Hong Kong) Presents: National Development and Achievements Series – Approaching Perfection: The Intersection of Sports and Science" Special Exhibition. Complete the tasks and record your day as a "Little Sports Expert"!

完成任務後,你可以在第4頁的任務印章上填色,為你的日誌製作專屬印章!

After completing the tasks, you can colour in the task stamps on page 4 to create personalised stamps for your Progress Tracker!

任務一:躍網體驗

Mission 1: Experiencing the Jump Serve!



原地踏跳,用力擊打排球!寫下你的挑戰紀錄。

Jump in place and hit the volleyball with force!
Write down your challenge record.

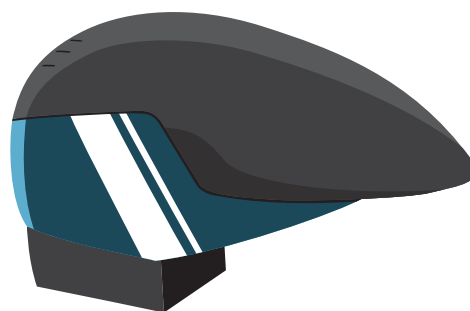
挑戰高度:
Challenge Height:

任務二：風洞探秘

Mission 2: Unveiling the Wind Tunnel

試調整展品內頭盔的角度，並記錄氣流在頭盔表面上的流動情形。

Adjust the angle of the helmet in the exhibit, and record how the air flows over its surface.



任務三：劍尖之舞

Mission 3: Sword Dance

根據展品的指示學習劍擊運動的揮劍技巧。畫出／描述你所學到的技巧重點。

Follow the instructions of the exhibit to learn the sword-wielding skills of fencing. Draw or describe the key points of the skills you have learned.

任務四：營養滿分

Mission 4: Nutrition Optimisation

選擇三種有助提升運動表現的食物，並記錄其營養成分。

Choose three foods that can enhance athletic performance, and record their nutritional components.

食物
Food

營養成分
Nutritional components



任務五：體適能大挑戰

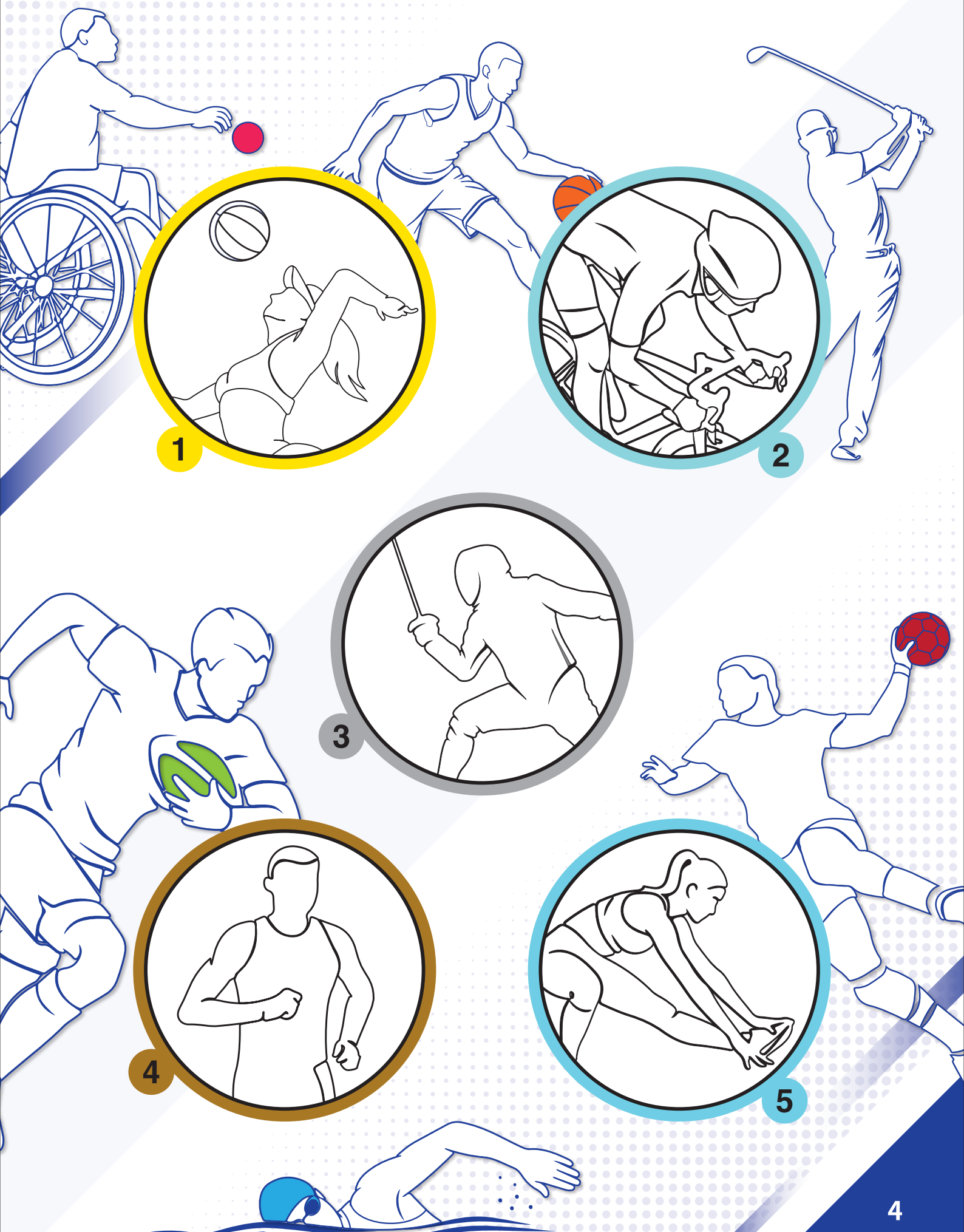
Mission 5: Physical Fitness Challenge

挑戰兩項體適能動作，並記錄其正確姿勢。

Challenge yourself with two fitness test items and record the correct posture while performing them.

項目一
Test 1

項目二
Test 2



1

2

3

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