

停課不停學

二年級 健康操 <https://www.youtube.com/watch?v=K9Kx2TI4w8U>

跳繩操 https://www.youtube.com/watch?v=1jV_Sew1zAo

運球練習 <https://www.youtube.com/watch?v=7YUEEYA-x9M>

四年級 健康操 <https://www.youtube.com/watch?v=K9Kx2TI4w8U>

球類操控技能練習 <https://www.youtube.com/watch?v=VO5jIHh9uRw>

毛巾操 https://www.youtube.com/watch?v=Vy_fz1z45hE