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Special schools for the physically handicapped run under the auspices of the Spastics Association of Hong Kong emphasize a balanced input to the pupils' cognitive development and physical needs. Conductive Education, which advocates the coherence of body and mind and a holistic view of the individuals, has been adopted as the guiding principle in design of the school programmes. As a means to promote physical awareness among the pupils, a morning exercise programme has been introduced in the school time-table. The morning exercise programme, which integrates gross motor, fine motor, oromotor, social and linguistic training, is conducted by a staff team composed of different professions. Results are beyond expectations, as other than the pupils who benefit directly from the programme, the staff team also finds their involvement beneficial to their work in the classrooms and other school activities. A survey was conducted to reveal the benefits the staff team experienced through their involvement in the programme.



17/F, 21 Pak Fuk Road
North Point, HK
香港北角百福道
21 號 17 樓

PHONE 電話
FAX 傳真
EMAIL 電郵
WEB SITE 網此

(852) 2527 8978
(852) 2866 3727
ho@sahk1963.org.hk
www.sahk1963.org.hk