

賽馬會「知情達意育優才」計劃

Jockey Club "Gifted in Bloom-Harmony in Heart & Mind" Programme

I AM WHO I AM: A Creative Movement workshop for thinkers

(JC3W-S041)

Introduction	<p>How many patterns of walk, run and sit you know or imagine?</p> <p>There are numerous types of body movements and postures, sometimes we are similar with others but sometimes are different. Imitating other's postures is a way of building rapport. Sometimes we want to blend in with others while sometimes want to "be different", so which one is truly me?</p> <p>In this workshop, you will use your body to explore the thousands of possibilities of movements, experience and think about the meaning of "different", and know more about yourselves.</p>								
Programme Type/Level	Workshop / Introductory (Token-required Programme)								
Instructor	Miss Moon-Moving Playground co-founder and mentor Graduated from Simon Fraser University in Canada, School for the Contemporary Arts, major in dance. Master of Fine Arts in The Hong Kong Academy for Performing Arts. Experienced in teaching creative movement and movement education in different primary, secondary school and NGOs.								
Target Participants		<ul style="list-style-type: none"> ➤ P4 – P6 HKAGE student members (Priority will be given to student members who have completed Self-Awareness - Sharing Workshop) ➤ Class size : 12 							
Medium of Instruction		Cantonese							
Certificate		Student members who have completed the workshop will be awarded an electronic certificate issued by HKAGE. Student members may download the certificate from "Student Learning Profile" (https://hkage.org.hk/b5/student/SLR/SLR.php) 3 weeks after the workshop.							
Intended Learning Outcomes		Upon completion of the programme, participants should be able to: <ul style="list-style-type: none"> ➤ Express ourselves freely and consciously, and to reveal our true self through creative body movement ➤ Exercise our body, our mind and our soul; discover the many faces of ourselves; consider the relationship between us and the outside world ➤ Experience and reflect on the concept of "difference"; to understand the importance of and respect differences. 							
Selection		No selection needed. First-come-first-served. (Priority will be given to student members who have completed)							
Schedule		<table border="1"> <thead> <tr> <th>Date</th> <th>Time</th> <th>Venue</th> </tr> </thead> <tbody> <tr> <td>23 January 2020</td> <td>4:30 pm – 06:00 pm</td> <td>Room 403, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin, New Territories</td> </tr> </tbody> </table>	Date	Time	Venue	23 January 2020	4:30 pm – 06:00 pm	Room 403, The Hong Kong Academy for Gifted Education, Sha Kok Estate, Shatin, New Territories	
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Deadline for Registration	25 November 2019 (12 noon)								
Remarks	Things to prepare and attention notes: <ol style="list-style-type: none"> 1. Please wear sports/lightweight clothes (skirts are not suitable). 2. Under inclement weather, the "Inclement Weather Arrangement for Student Programmes / Activities" shall apply. Please refer to the HKAGE website for details: https://www.hkage.org.hk/en/students/important-information/bad-weather 								
Enquiries		For enquiries, please contact us at 3940 0517 or by email (jc@hkage.org.hk).							