

Early advocate of STEM

體育教育STEM先鋒

Mr Yan Siu-kang finds that being a secondary school physical education (PE) teacher is his cup of tea, even more than coaching the Hong Kong Football Team. A graduate of the Department of Health and Physical Education, Mr Yan is overflowing with ideas on how to engage his students. Teaching aids, such as innovative technology and computer games, are nothing new to him.

Well before STEM education was widely encouraged, Mr Yan had already introduced such ideas in his classes. For instance, students wear fitness watches in class so that their heart rate, calories burnt and running distance can be shown on TV screens in real time. This brings more fun to the learning process.

在港隊足球教練與中學體育老師之間，教大健康及體育學系校友殷小廣先生選擇了後者，願與學生一同成長。殷老師主意多多，積極在教學上加入創科及電玩元素，讓學生更投入學習。

早在教育界鼓勵學校推行STEM教育前，殷老師已率先在體育課內引入相關意念，例如學生上課時要配戴「心跳錶」，心跳率、卡路里消耗量及跑動距離等資料，會即時顯示於電視屏幕上，令學習過程更有趣味。

Alumnus Mr Yan Siu-kang (centre) with his students (from left) Yeung Ka-yan, Siu Ka-hei, Wong Chun-man and Wong Shi-choun at HHCKLA Buddhist Ching Kok Secondary School 校友殷小廣先生(中)與香海正覺蓮社佛教正覺中學學生(左起)楊嘉欣、蕭嘉希、黃俊文及黃仕嫻





Mr Yan, recipient of the Chief Executive's Award for Teaching Excellence 2017/18 in the Physical Education Key Learning Area
殷先生為2017-18行政長官卓越教學獎（體育領域）得主

One of his techniques is to group students in teams and give them tablet computers, on which they record and evaluate each other's performance. Analysing classmates' performance is much more exciting and relevant than reviewing star players in professional football matches," he said. "Students get more involved in lessons when there is an element of competition."

Health is the most precious asset

Approaching 40, Mr Yan has spent three quarters of his life on football pitches, so it's little wonder that his innovative PE teaching methods are inspired by football matches. He believes students are motivated if their skills are subject to technical analysis, just like professional players. He also employs all possible means to get his students moving about physically, for one simple reason: "It's not my goal to train elite athletes. My simple wish is for everybody to be healthy and strong, so I make sure my students work up a sweat!"

He also believes exercise helps students build healthy and happy lifestyles. He adds that good health is essential for achieving goals, regardless of an individual's direction in life. Ranking the value of knowledge, skills and attitude, Mr Yan said he considers attitude to be the most important of the three in life. He hopes his students will remember that sport is a great way to release pressure. In addition, he teaches what he has learnt on the pitch: team spirit, good communication, and the courage to overcome adversity.

A match is a demonstration of life education

"A match, or even a training session, is a demonstration of life education," said Mr Yan. This is because football matches are full of uncertainties that cannot be handled with just one skill. Even the greatest football players, like Mr Lionel Messi and Mr Cristiano Ronaldo have to figure a way out when confronted by several rivals. Furthermore, one should never become complacent, or performance will suffer, he said.

Among the photographs on Mr Yan's desk is one of his university football team and one of his late coach. When he feels down, he looks at the pictures and recalls the difficult matches he played when he was young. He said: "I have been through all those tough times, and now with my wife, son and daughter motivating me and cheering me on, what can beat me?" he said.

此外，他也採用分組互評方式教學。學生分組後，每人均獲發平板電腦，互相拍照及錄影，藉以檢視大家的表現。殷老師指出，比起鑑賞職業球星的比賽片段，同儕互評更刺激，也更「貼地」，而競爭元素亦令他們更為投入。

健康是人生的最大資本

年屆不惑之年，殷老師人生的四分之三都在球場度過。他以創新方法教體育，靈感正源自觀看足球賽事。他相信，學生若得知可以像職業球員般作技術分析，自能提高學習興趣。他千方百計要學生跑動，原因只有一個：「我不奢求培植精英運動員，但求每個學生健康強壯，『流著汗離開』課堂！」。

他深信，體育活動可協助學生建立健康而愉快的生活模式。不論個人未來路向如何，健康的體魄才是成就一切的要素。而在知識、技術及態度三大學習元素中，他認為最重要的是態度。他期望，學生在往後的人生中，會牢記體育運動才是減壓良方。他更補充自己在球場上學以致用得來的三大體會：團隊精神、良好溝通，以及面對逆境的勇氣。

一場比賽已是生命教育

他說：「一場比賽、一場練習，已是生命教育。」因為足球比賽千變萬化，不是單一技術就可以處理。強如美斯與C朗拿度等超級球星，面對多名球員的阻截，都要盡力突圍而出；而即使面對順境，也不應自滿，以免影響整體表現。

殷老師辦公室案頭，擺放了好幾張照片，除了家庭照外，有當年大學足球隊的團體照，也有與已故教練的合照。每當他感到氣餒時，都會看著這些相片，回想年輕時曾面對的艱苦賽事。他說：「這些難關我已一一熬過。如今，更有太太與一對子女伴我同行，予我激勵，為我打氣，還有什麼可以將我擊倒呢？」