

November

Thanksgiving Magic

感恩魔法





感恩節怎麼過最開心呢？

**當然是到圖書館與大家一起
閱讀好看的書囉！**



圖書的收集與呈現

- ▶ 今年的十一月，圖書館推出了全美最具影響力、得獎最多，同時也是最受歡迎、最暢銷的兒童自然科學繪本系列「魔法校車」共**76**本，要讓讓讓大家如同身歷其境般，體驗自然科學的奧妙與樂趣。



在主題書展區的上方有魔法校車系列的書單，想知道所有魔法校車的書籍一定要抬頭看看唷！



- 詳細書單可見圖書館部落格 <http://kcbslibrary.blogspot.tw/p/theme-reading.html>



迫不及待要看書的內容啦~







看了介紹之後覺得好像很好看~
趕快去圖書館借書~



我的游泳

- ▶ 在康橋的十一月有一個很重要的活動，那便是小白帽座談會，二年級的小朋友會將自己在學習游泳上遇到的困難與五年級的學長姐商量，而五年級的學長姐則是將自己克服困難的經驗和學弟妹分享。




- ▶ 圖書館也將游泳相關的書籍展示出來，讓小朋友可以更了解與學習游泳的相關知識。
- ▶ 青山好讀區也有游泳的書單可提供參考。





- ▶ 在八角窗區，圖書館將小朋友所學的游泳技巧整理出來，讓小朋友短時間內想起老師所教過的步驟。
- ▶ 另外，更展出游泳名將菲爾普斯 (Michael Phelps) 的介紹，讓小朋友一窺成為「飛魚」的祕密。

Michael Fred Phelps II



Michael Fred Phelps II is known principally as the most decorated Olympian of all time, with a total of 28 Olympic medals, 23 of them gold, spanning over four Olympic Games. He has actually competed at five Olympics; however, he did not medal at his first Games in Sydney, Australia. He is recognized for his formidable butterfly, though he also specializes in individual medleys and the 100 and 200-meter freestyle. At 31-years-old, Phelps retired from swimming as the greatest of all-time. His retirement came just days after finishing his fifth Olympics with five golds and a silver medal.

Michael Phelps made history by qualifying for the 2000 Summer Olympics in Sydney, Australia, when he was just 15-years-old. By qualifying for the 2000 Olympics, Michael Phelps became the youngest member of the US Olympic team since 1912. Phelps finished fifth in the 200 meter butterfly and shattered the 15-16 National Age Group record. Five months after the Olympics, Phelps became the youngest world record holder in history by setting a new record in the 200 meter butterfly at the World Championships in Japan.

Event	Athens 2004	Beijing 2008	London 2012	Rio 2016
100m butterfly	Gold	Gold	Gold	Gold
200m butterfly	Gold	Gold	Gold	Gold
400m medley	Gold	Gold	Gold	Gold
800m freestyle	Gold	Gold	Gold	Gold
1600m medley	Gold	Gold	Gold	Gold
4 x 200m freestyle relay	Gold	Gold	Gold	Gold
4 x 100m freestyle relay	Gold	Gold	Gold	Gold
4 x 200m freestyle relay	Gold	Gold	Gold	Gold

23 gold
3 silver
2 bronze

Michael Phelps (U.S.A.)
Born: June 30, 1982
Height: 6'6" (1.98 m)
Weight: 143 lbs (65.3 kg)

Phelps' medals

The United States won the men's 4x200m freestyle relay in London, giving Michael Phelps a 23rd gold medal in his third Olympic year.


Michael's First Dip

Michael Phelps started swimming at the age of five. As a kid, Michael was diagnosed with Attention Deficit Hyperactive Disorder (ADHD). At the age seven, he started swimming partly because he could release all that extra energy in the pool. At first, Michael was scared to even put his face in the water but before long he was swimming competitively. When he was 11, Michael Phelps met his long time swimming coach, Bob Bowman, who knew right away that Phelps had what it took to be an exceptional athlete.

Teenage Swimming Star


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Phelps' diet



Breakfast: Oatmeal, Banana, Apple, Protein Shake
Lunch: Grilled Chicken, Rice, Broccoli, Avocado
Dinner: Grilled Salmon, Sweet Potato, Asparagus
Snacks: Protein Bars, Fruit, Nuts
Beverages: Water, Protein Shake

The perfect swimmer's body



Swimmer's body features a high percentage of muscle mass, particularly in the back, shoulders, and legs, which are essential for propulsion in the water.

Olympic Glory

At the 2004 Summer Olympics in Athens, Greece, Michael Phelps won eight medals, including six gold! Four years later at the 2008 Summer Olympics in Beijing, Michael took his game to a whole new level as he completely dominated. Michael made history by being the only Olympic athlete to ever win eight gold medals! Not only did he win eight golds, he won each race in world record fashion. At the 2012 London Olympics, Michael won his 22nd medal. And he won six medals in Rio. Across his career, he became the most decorated Olympic athlete of all time with 28 total medals, including 23 golds, five silvers, and Michael will go down as one of the greatest (if not the) Olympians ever!

游泳技巧

蝶泳 (Butterfly)

蝶泳是游泳中最具挑戰性的泳姿，也是游泳中最難學的泳姿。蝶泳的動作包括：入水、划水、呼吸、打水、收手、滑行。

- 入水：身體平直，雙手同時入水，雙臂同時向前划水。
- 划水：雙臂同時向外划水，划水時身體保持平直。
- 呼吸：雙臂划水時，頭部隨之抬起，口鼻露出水面。
- 打水：雙臂划水後，雙腿同時打水，打水時身體保持平直。
- 收手：雙臂划水後，雙手同時向前收手。
- 滑行：雙手收手後，身體向前滑行。

仰泳 (Backstroke)

仰泳是游泳中最輕鬆的泳姿，也是游泳中最容易學的泳姿。仰泳的動作包括：入水、划水、呼吸、打水、收手、滑行。

- 入水：身體平直，雙手同時入水，雙臂同時向前划水。
- 划水：雙臂同時向外划水，划水時身體保持平直。
- 呼吸：雙臂划水時，頭部隨之抬起，口鼻露出水面。
- 打水：雙臂划水後，雙腿同時打水，打水時身體保持平直。
- 收手：雙臂划水後，雙手同時向前收手。
- 滑行：雙手收手後，身體向前滑行。

蛙泳 (Breaststroke)

蛙泳是游泳中最慢的泳姿，也是游泳中最容易學的泳姿。蛙泳的動作包括：入水、划水、呼吸、打水、收手、滑行。

- 入水：身體平直，雙手同時入水，雙臂同時向前划水。
- 划水：雙臂同時向外划水，划水時身體保持平直。
- 呼吸：雙臂划水時，頭部隨之抬起，口鼻露出水面。
- 打水：雙臂划水後，雙腿同時打水，打水時身體保持平直。
- 收手：雙臂划水後，雙手同時向前收手。
- 滑行：雙手收手後，身體向前滑行。

自由泳 (Frontcrawl)

自由泳是游泳中最快、最省力的泳姿，也是游泳中最容易學的泳姿。自由泳的動作包括：入水、划水、呼吸、打水、收手、滑行。

- 入水：身體平直，雙手同時入水，雙臂同時向前划水。
- 划水：雙臂同時向外划水，划水時身體保持平直。
- 呼吸：雙臂划水時，頭部隨之抬起，口鼻露出水面。
- 打水：雙臂划水後，雙腿同時打水，打水時身體保持平直。
- 收手：雙臂划水後，雙手同時向前收手。
- 滑行：雙手收手後，身體向前滑行。

你知道他的手比一般人長，
所以才游的那麼快嗎？





謝謝大家!!!