

Chinese 1 Learning Objectives and Homework for the week of April 6-10

Monday, April 6

Learning Objectives: (Please write the following on your 4/06 Chinese Learning Log.)

1. I can understand the Chinese commands of the first two exercises of Chinese

bā duàn jǐn
Qigong: 八段锦 (The Eight Essential Exercises).

2. I can do the first two exercises of bā duàn jǐn 八段锦 (The Eight Essential Exercises).

Homework:

- **Listening & Speaking:**

Please watch the Chinese Qigong: The Eight Essential Exercises video.

- **Reading & Writing:** Please write the following Chinese vocabulary:

shǒu zhǎng zhǐ tuǐ jiǎo xīn fù bù shēn tǐ dūn hū xī
手 掌 指 腿 脚 心 腹部 身体 蹲 呼吸
Hand palm finger leg foot heart abdomen body squat breathe

Class Note:

Please practice writing the following Chinese exercise commands three times.

shuāngtuǐ wēi wān shuāngshǒu bào qiú zhǐ jiān xiāng duì zì rán hū xī yù bèi shì
双腿微弯 双手抱球 指尖相对 自然呼吸 (预备式)

Bend your legs slightly; pose both hands like holding a ball; point your fingers at each other;
Breathe naturally (The Ready Posture)

Quiz: None

Tuesday, April 7

- No learning log writing required
- Please watch the Eight Essential Exercises video and practice the exercises.

Thursday, April 9

- Same as April 7.

Friday, April 10

- Same as April 7.