

Abstract

Tai-Chi Chun is regarded as a national sport in China. As such, the teaching of Tai-Chi Chun has special meaning to the national development of Chinese. It is also included in the curriculum of physical education as a compulsory subject in China. Although Macau returns to China in 1999, the national sport of Tai-Chi Chun is just regarded as a selective subject. In fact, not many schools attempt to teach Tai-chi in physical education lesson. Even though if this subject is taught, it follows the traditional method and skills teaching form the major part in learning. This is also regarded as the main reason for not motivating students to take this subject. The lack of innovative methods fails to attract students to learn. The innovative method in Teaching Games for Understanding (TGfU) is regarded as the new initiative to develop students' interest in sport through physical activities. This paper compares the traditional method in teaching Tai-Chi Chun with TGfU. Methods such as literature review, questionnaire survey and comparative studies are adopted for data collection. The participants are Tai-Chi Chun students studying at the undergraduate level in university. Investigation confirms the observation that games model is more effective to develop students interest in Tai-Chi Chun when compare with the traditional method. Students exhibit more effective development in self-image, confidence in learning and more willing to conduct the exercise during private time. The use of TGfU opens a new way in teaching Tai-Chi Chun and expects to achieve a new perspective for teachers to follow.

Keywords : Teaching Games for Understanding(TGfU), Traditional teaching, Tai-Chi Chun, Modular Teaching.

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