

**Throwing Hydrangea, A Traditional Chinese Minority Sport for Promoting  
Physical Fitness During the Outbreak of COVID 19**

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This roundtable discussion will focus on the feasibility of using a traditional Chinese minority sport, “throwing hydrangea” during the outbreak of COVID-19, to promote physical fitness. This sport took the place of the two most popular participation sports in China - basketball and football (soccer). These sports have been temporarily eliminated, due to the inevitability of direct body contact of participants. Because the sport of “throwing hydrangea” does not have direct body contact, physical education faculty members at Minzu University of China strongly promoted the participation of this sport. Barriers regarding the playing of this new sport will be discussed. Suggestions for promoting the sport will also be made.