

Organised by the Hong Kong Amateur Athletics Association (HKAAA)

Subvented by the Leisure and Cultural Services Department (LCSD)

Co-organised by the Education Bureau

School Sports Programme — Athletics

Event Information

Brief Information		Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course	
Target Group			Primary and secondary students	Primary 1 to primary 3 students	Students of primary 4 or above (or aged 9 or above) who are interested in athletics or primary and secondary students who are potential school team members (To be organised by schools)	
Date of Activity			To be fixed by schools	To be fixed by schools	Around October to January of the following year and from January to April (Date and time to be fixed by the LCSD)	
Content	Level		Demonstration of basic skills	Course specially for primary 1 to primary 3 students who are interested in athletics	Elementary course for beginners	
	Event		<p>Basic skills of athletic events of the following 2 groups will be introduced:</p> <p><u>Group A: 2 track events* and 1 field event</u> (Hurdling must be chosen as one of the track events for demonstration)</p> <p><u>Group B: 2 field events and 1 track event*</u> (Demonstrations for 2 field events must include a throwing event and a jump event)</p> <p>*Race walking is a newly added track event</p>	<p>Training to be provided with specially designed simple athletic equipment through the following 8 activities:</p> <p>a) Target throwing b) Speed hurdles c) Overhead throwing medicine ball d) Platform stepping e) Shuttle run f) Standing long jump g) Kid javelin throw h) Formula one</p>	<p>Primary School</p> <p>Sprinting, long jump and softball</p>	<p>Secondary School</p> <p>Long jump, triple jump, high jump, shot put, discus, javelin, sprinting, mid-to-distance race and hurdling</p>
	Coach		The HKAAA will send coach(es) and athletes to introduce the sport and give demonstrations respectively. Play-in session will be arranged for students.	The HKAAA will send coach(es) to explain how to use the equipment and rules of the games and give demonstrations.	The HKAAA will send qualified coaches including current or former members or serving coaches of national squads.	

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	Test and competition		Not applicable	After training, participants may take part in the Easy Sport Athletic Meet jointly organised by the HKAAA and the LCSD to compete for awards.	After training, participants may take part in the “Outreach Athletics Training Course - Athletics Challenge” to: 1) take the test under the Athletics Badges Award Scheme for receiving diamond, gold, silver or bronze badges 2) compete for awards
Badges Award Scheme			Not applicable	Not applicable	The Scheme enables participants to set their goals, understand their progress and seek self-improvement. At the end of each stage, they can compete with trainees from other training centres on the above test day. Participants who have an attendance rate of 60% or above and reach the required standard of their age group will receive the diamond, gold, silver or bronze badges and certificates from the LCSD according to their results. (Diamond badges and certificates are awarded to participants receiving year-round training only)
Venue Requirement		School playground, school hall or the LCSD sports ground (to be arranged by schools)	School playground, school hall or the LCSD sports ground (to be arranged by schools)	<p>Hong Kong Island – Siu Sai Wan Sports Ground</p> <p>Kowloon East – Hammer Hill Road Sports Ground</p> <p>Kowloon West – Sham Shui Po Sports Ground</p> <p>New Territories East – Tai Po Sports Ground, North District Sports Ground</p> <p>New Territories West – Tsing Yi Sports Ground, Kwai Chung Sports Ground, Tuen Mun Tang Siu Kin Sports Ground</p>	
Equipment to be Provided by Schools		Not applicable	<p>The LCSD will lend the equipment to schools for a school term (about 6 months) and the subsequent loan priority will depend on the number of applications submitted by other schools.</p> <p>Schools are required to buy certain sets of simple athletic equipment for practice for long-term development according to the equipment samples provided by the LCSD.</p> <p>School are also required to provide stopwatches and mattresses.</p>	Not applicable	

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Course Arrangement	2 hours per session (it is recommended to be held between 8 am and 6 pm from Monday to Saturday)	<p>The course consists of 2 parts:</p> <p>a) Teaching and demonstration- led by coach(es) and assistant coach(es) from the HKAAA 2 sessions x 2 hours/session;</p> <p>b) Practice led by coach(es) from the HKAAA 3 sessions x 2 hours/session</p> <p>(School may arrange 2 different courses to be conducted concurrently)</p>	<p>Each phase is made up of 2 consecutive courses, with 20 hours in total. Practice is conducted in 2 sessions in a week or once a week, subject to the venue arrangement.</p> <p>For detailed course arrangement, please refer to the Event Information in respect of the Outreach (Joint Schools) Athletics Training Courses to be issued at the end of June.</p>
Quota	80-120 persons per session (about 25 students can join the play-in session in each demonstration)	30 persons per course	Field events: 25 persons per course Track events: 25 persons for hurdling course, and 40 persons for other courses
Fee	\$300 per session	\$360 per course	10 sessions per course (20 hours in total) Enrolment fee per student : \$110
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Separate Enrolment Form will be issued later
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCS D homepage. The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate cheque for \$300 for each session applied) payable to the “Hong Kong Amateur Athletic Association Limited” and with the school name marked on the back, should be sent to the following address by post.	<ol style="list-style-type: none"> Fill in the enrolment form, which can be downloaded from the LCS D homepage. The duly completed form for each course/activity, together with a cheque (payable to the “Hong Kong Amateur Athletic Association Limited” and with the school name marked clearly on the back) for full payment of the course/activity fee, should be sent to the following address by post. Should any school cancel the activity after the HKAAA has arranged coaches according to its application, the HKAAA will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 	<ol style="list-style-type: none"> Each individual course should be applied with a separate enrolment form for each phase. The duly completed form, together with a cheque for \$110-\$4,400 (\$110 per person) (payable to the “Hong Kong Amateur Athletic Association Limited” and with the school name marked clearly on the back) for each application, should be sent to the following address by post. If schools wish to apply for more than 1 course concurrently, they should submit separate enrolment forms and cheques. Upon fixing the dates and time of the courses, the LCS D will issue the event information and enrolment form to schools. Please look out for the LCS D publicity information.

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			<ul style="list-style-type: none"> ● Send the completed form(s) together with the cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. ● Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed by the LCSD on time. ● If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.
Admission Policy	Not applicable	Not applicable	<p>For the same type of courses organised concurrently, the basic number of applicants per school is 5. But if the number of applicants is less or more than 5, schools may also apply. The LCSD will make arrangements as far as practicable.</p> <p>The maximum number of applicants for each school/centre is 40 with no restriction on the number of reserve applicants. Priority will be given to students continuously receiving training in the whole academic year. Except sprinting, mid-to-distance run and long jump, the maximum number of successful applicants for each event will be 5 for each school, selected according to the order of the name list on the enrolment form. The LCSD will, after receiving all applications, draw lots to determine admission on a school basis. Should there be any remaining places, the LCSD will allocate them to the reserve applicants according to the order determined by lots.</p>
Others	Not applicable	Not applicable	<ol style="list-style-type: none"> 1. <u>Attendance Certificate</u> Participants with an attendance rate of 80% or above will be awarded an attendance certificate. 2. <u>Athletics Badges Award Scheme</u> Participants who have an attendance rate of 60% or above and reach the required standard of their age group in the Athletics Challenge will receive the diamond, gold, silver or bronze badges and certificates from the LCSD according to their test results. The top 4 participants with the best results will also win the championship and runners-up awards of the competitions.

- Notes:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 2. Students should put on sportswear and sports shoes during the activity.
 3. The Sport Captain Programme is also available for the athletics event. Please refer to the event information and introduction for details.
 4. “Easy Sport Competition - Athletics” is held annually under this programme. Participants receiving training under this programme are welcome to participate in the Competition. Schools can achieve the aim of training up students and enhancing their interest and skills in athletics by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.