

Organised by the Gymnastics Association of Hong Kong, China (GAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Gymnastics
Event Information

| Type of Activity Brief Information | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme | | Joint Schools Rhythmic Gymnastics Training Programme | |
|---------------------------------------|---|--|---|--|--|--|
| | | | Rhythmic Gymnastics | Artistic Gymnastics | | |
| Target Group | Primary and secondary students | Female primary students | Female primary and secondary students | | Primary and secondary students | Female primary 1 to primary 5 students |
| | | | Non-School Team (# Level 1) | School Team (# Levels 2 and 3) | | |
| Content | <ul style="list-style-type: none"> - Introduction to rhythmic gymnastics and the Badges Award Scheme - Video on the development of rhythmic gymnastics in Hong Kong - Rhythmic gymnastics demonstration - Play-in session | <p>The training is based on individual items of rhythmic gymnastics.</p> <p>The course is conducted in 4 units, each covering training with individual apparatus:</p> <p>Unit 1: Balls and free hands (I)</p> <p>Unit 2: Ropes and free hands (II)</p> <p>Unit 3: Ribbons</p> <p>Unit 4: Hoops</p> <p>Schools are recommended to arrange students to attend the 4 units in the above order.</p> <p>Coaches will assess students' skills at the end of the course. Students who pass the assessment will be awarded a certificate in Easy Sport Rhythmic Gymnastics (Individual Item). Students may obtain certificates from the GAHK at their own expense through their teachers. (\$10 for each certificate and \$40 for 4 certificates).</p> | <p>The training programme is based on the Badges Award Scheme (Levels 1 to 3) of the GAHK.</p> <p>(The rhythmic gymnastics training of the school team is only suitable for participants with Level 1 Badge)</p> <p>Coaches will assess students' skills according to badges requirements. Students who pass the assessment test will be qualified to obtain badges from the GAHK. Students may obtain badges from the GAHK at their own expense through their teachers (\$50 for each badge).</p> <p># There are Levels 1 to 9 under the Badges Award Scheme of the GAHK: Levels 1 to 3 – bronze, silver and gold badges of elementary level Levels 4 to 6 – bronze, silver and gold badges of intermediate level Levels 7 to 9 – bronze, silver and gold badges of advanced level</p> | <p>Intensive training on the movements required for levels 2 to 6 (silver and gold badges of elementary level and bronze, silver and gold badges of intermediate level) for rhythmic gymnastics. Competition routine will also be taught to participants who will be trained for local competitions. Participants with potential may be selected by the GAHK for further training in the national youth squad.</p> <p>Participants who possess the skills required for level 1 (bronze badge of elementary level) or above, pass the screening test conducted by the GAHK and are</p> | | |

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| | | | | | | selected by the GAHK are qualified for enrolment. This programme is not suitable for beginners. |
| Venue Requirement | Schools may use their own school halls, or book the basketball courts of the LCSD sports centres for holding the activities. (Covered playgrounds or outdoor sports venues are not suitable) | | | | | Judo Room of Pak Ho Street Sports Centre or the LCSD's other sports centres |
| Fee | \$485 for the first session (\$335 for a 2-hour extension session on the same day) | \$600 per unit (4 units for the whole course, i.e. \$2,400) | Rhythmic Gymnastics Non-School Team - \$1,020 per course | Rhythmic Gymnastics School Team - \$1,290 per course | Artistic Gymnastics Course - \$1,020 per course | \$280 for each person per course |
| Equipment to be Provided by Schools | TV set, video recorder and 10 floor exercise mats | <p><u>Rhythmic Gymnastics Training Course</u> Schools may purchase the equipment for rhythmic gymnastics, including balls, ropes, ribbons and hoops, each 15 in number. If schools cannot purchase the necessary equipment, they may borrow them from the LCSD for a school term (about 6 months).</p> <p><u>Artistic Gymnastics Training Course</u> Schools should have 10 gymnastic mats, spring board, vaulting horse and thick safety matting.</p> | | | | Not applicable |
| Other Equipment | Equipment such as balls, ribbons, ropes and hoops will be provided by the GAHK | Not applicable | | | | |
| Course Arrangement | 2 hours per session | 4 sessions per unit, 2 hours per session (8 hours in total) (32 hours in total for 4 units) | 6 sessions per course, 2 hours per session (12 hours in total) *Schools should at least apply for 2 courses as a complete training unit (24 hours in total) for the same group of students. | | 10 sessions per course, 2 hours per session (20 hours in total) | |
| Estimated No. of Participants per Class/Session | 60 - 100 persons (about 30 participants in each play-in session) | 15 persons (School must at least arrange 12 participants, with 1 coach per class) | 15 persons (School must at least arrange 12 participants, with 1 coach per class) | | 32 persons | |

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| Proposed Date/Time | <p style="text-align: center;">Monday to Saturday: 9 am - 6 pm *It would be easier to arrange coaches on Saturday afternoon</p> | | | | <p>The dates and time of the courses will be fixed by the LCSD. Please refer to the relevant event information and the enrolment form for details.</p> |
| Badges Award Scheme | Not applicable | Rhythmic Gymnastics Certificate (Easy Sport) | Levels 1 to 3 (i.e. bronze, silver and gold badges of elementary level) | | Levels 2 to 6 (i.e. silver and gold badges of elementary level and bronze, silver and gold badges of intermediate level) |
| Enrolment Form | Sport Demonstration Enrolment Form | Easy Sport Programme Enrolment Form | Outreach Coaching Programme Enrolment Form (Please specify Rhythmic/Artistic Gymnastics in the Item Column) | | Joint Schools Rhythmic Gymnastics Training Programme Enrolment Form |
| Enrolment Method | <p>1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque or cheques for payment of the enrolment fee (a separate</p> | <p>1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course/activity, together with a cheque for full payment of the course/activity fee payable to “The Gymnastics Association of Hong Kong, China” and with the name of the school marked clearly on the back, should be sent to the following address by post.</p> <p>2. Should any school cancel the activity after the GAHK has arranged coaches according to its application, the GAHK will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct.</p> | <p>The LCSD will send the separate event information and enrolment forms to schools upon fixing the dates and time of the courses. Please look out for the LCSD publicity information.</p> | | |

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| | cheque for \$485 for each session applied and \$335 for each 2-hour extension session on the same day) payable to “The Gymnastics Association of Hong Kong, China” and with the school name marked clearly on the back, should be sent to the following address by post. | | | | |
| | <ul style="list-style-type: none"> ● Please 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 on time. ● If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. | | | | |
| Enquiries / Website | 2601 7602 / http://www.lcsd.gov.hk | | | | |

- Notes:
1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 2. To encourage students' active and persistent participation in sports, schools are recommended to apply for continuous training covering a school term (about 6 months) for the same group of students in accordance with the set-up of the course. Coaches will assess students' performance regularly.
 3. Students should put on appropriate sportswear and sports shoes during lessons.
 4. Participants of Rhythmic Gymnastics Training Course of the Easy Sport Programme, Outreach Coaching Programme and Joint Schools Rhythmic Gymnastics Training Programme under the School Sports Programme will be assessed by registered coaches from the GAHK at the end of the course according to the test items of different badges. As a token of encouragement, participants who reach the required standard can be awarded the respective badges and certificates from the GAHK at their own expense. Please refer to the "School Sports Programme – Handbook on Gymnastics Badges Award Scheme" for details.