

Organised by the Hong Kong Shuttlecock Association (HKSA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Shuttlecock
Event Information

Type of Brief Activity Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
Target Group	Primary and secondary students	Primary students	Students of primary 4 or above and secondary students	
Content	Video/VCD on shuttlecock Demonstration: - 4 basic skills - rules of competition - aggressive skills Play-in session under the guidance of coach(es)	Training covers the use of palm, hand, knee and leg, various actions, 4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, movement and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, movement, skill improvement, tactics and rules of competition.
Venue Requirement	Basketball court / covered playground / school hall		Covered playground or hall (indoor)	
Fee	\$195 per session	\$510 per course	\$1,380 per course	\$1,760 per course
Equipment to be Provided by Schools	30 shuttlecocks, badminton net with net stand, loudspeakers and audio-visual equipment for playing video or VCD (Shuttlecocks can be purchased from the HKSA)	30 shuttlecocks and badminton net with net stand (Shuttlecocks can be purchased from the HKSA)	50 shuttlecocks and 2 badminton net with net stand (Shuttlecocks can be purchased from the HKSA)	
Course Arrangement	1 hour per session	4 lessons per course, 1.5 hours per lesson (6 hours in total)	8 lessons per course, 2 hours per lesson (16 hours in total)	
Estimated No. of Participants per Course/Session	100 persons	30 persons (Schools are advised to arrange a teacher to provide assistance)	20 persons	
Proposed Date/Time	Monday to Friday : 9 am – 6 pm			
Badges Award Scheme	Not applicable	See Note 5	Not applicable	
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form	

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Enrolment Method	<p>Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form for each course, together with a cheque for \$195 for payment of each session applied (payable to the “Hong Kong Shuttlecock Association” and with the school name marked clearly on the back), should be sent to the following address by post.</p> <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. 	<ol style="list-style-type: none"> 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 (payable to the “Hong Kong Shuttlecock Association” 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. 2. Should any school cancel the activity after the HKSA has arranged coaches according to its application, the HKSA will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 3. Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. 	
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. Please specify whether it is for school team when applying for training courses under the Outreach Coaching Programme.
 3. 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 participating in the Easy Sport Programme or the Outreach Coaching Programme in accordance with the set-up of the courses. Coaches will assess students’ performance regularly.
 4. Students should put on appropriate sportswear and sports shoes during lessons.
 5. Badges Award Scheme:
 - 5.1 At the end of the training course (shuttlecock) of the Easy Sport Programme and the Outreach Coaching Programme under the School Sports Programme, coaches will assess participants’ skills according to the test items. Those who meet the standard can obtain certificates and badges from the HKSA coaches at their own expense. (\$30 for gold badge, \$20 for silver badge and \$10 for bronze badge)
 - 5.2 Two assessment days will be held by the HKSA every year. Participants who are unable to attend the school test may take the test on these assessment days. For details, please visit the HKSA website (<http://www.hkshuttlecock.org>).