

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.	

Brief Information		Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course
	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	

Brief Information / Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course
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.

Brief Information / Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course
			<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.

**Organised by the Hong Kong Chinese Martial Arts Dragon and
Lion Dance Association (HKCMADLDA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme — Dragon Dance**

Event Information

Type of Activity	Easy Sport Programme
Brief Information	
Target Group	Primary 5 or primary 6 students
Content	Basic techniques of dragon dance
Venue Requirement	School hall or covered playground (about the size of a basketball court)
Fee	\$1,050 per course
Equipment to be Provided by Schools	Schools may buy a small dragon and a dragon ball on their own for practice (schools may borrow the required equipment from the LCSD for a school term of about 6 months if they cannot purchase the equipment for students)
Course Arrangement	2 hours per lesson, 10 hours in total (5 lessons)
Maximum No. of Participants per Class	30 persons
Proposed Date / Time	Monday to Friday: 8 am – 6 pm Saturday: 8 am – 1 pm
Enrolment Form	Easy Sport Programme Enrolment Form
Enrolment Method	<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, together with a cheque (payable to the “Hong Kong Chinese Martial Arts Dragon and Lion Dance Association Limited” and with the school name marked clearly on the back) for full payment of the course fee, should be sent to the following address by post. 2. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 3. Should any school decide to cancel the activity after the HKCMADLDA has arranged coaches according to its application, the cheque of payment of the enrolment fee will be referred to the HKCMADLDA, which then will deduct an administrative fee of \$236 from the payment and return the balance to the school direct.

Type of Activity	Easy Sport Programme
Brief Information	<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 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.
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 participating in the Easy Sport Programme 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. "The Inter-school Easy Sport Competition – Dragon Dance Competition" 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 Dragon Dance by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.

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

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
Target Group	Primary and secondary school students	Primary school students	Primary and secondary school students	Primary and secondary school students aged between 8 & 18 who have received DanceSport training
Content	Session include: - Introduction to DanceSport - Demonstration of basic techniques - Play-in section.	Course include training in Latin Dances: - basic body movements - basic steps - basic tempo - basic steps combinations After completion, school may apply for the Outreach Coaching Programme (elementary level) for students who pass the assessment (<i>See Note 5</i>).	Programme divide into elementary, intermediate and advanced* levels, which are based on HKDSA's badges (bronze/silver/gold) award scheme. Course include training in Latin Dances (all levels) and Standard Dances (advanced level): - poise and holds - footwork - music and tempo - alignment. After completion, school may apply for course of the next level for students who pass the assessment (<i>See Note 5</i>). * may treat as training for school team	Programme divide into 3 levels. Course include: - in-depth continuous training in specialized areas - enhancement of individual techniques in specialized areas. Aim in training students for local competitions. Diligent students with potential may be selected by HKDSA to join the National Youth Squad for further training. In case of over enrolment, holders of certificates of Easy Sport and Outreach Coaching Programmes have priority as follows: 1. holders of Outreach Coaching Programme (Gold Badge) certificates 2. holders of Outreach Coaching Programme (Silver Badge) certificates 3. holders of Outreach Coaching Programme (Bronze Badge) certificates 4. holders of Easy

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
				<i>Sport Programme certificates</i> 5. <i>applicants pass the test on selection day</i>
Venue Requirement	School hall or covered playground (preferably with wooden flooring and fitted mirrors) or activity room or dance room of LCSD sports centres booked by school concerned			Not applicable
Fee	'Session' as application unit; HK\$195 per session	'Course' as application unit; HK\$960 per course	'Course' as application unit; elementary/ intermediate level at HK\$1,860 per course; advanced level at HK\$2,340 per course	'Course' as application unit; amount to be determined for each course (please refer individual programme enrolment information)
Equipment to be Provided by Schools	TV set or large projector with DVD player; sound system with CD or MD player; and extension unit	Sound system with CD or MD player; and extension unit		Not applicable

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
Course Arrangement	2 hours per session	6 lessons per course and 1.5 hours per lesson (9 hours in total)	Course for each level includes 2 phases with 8 lessons each phase and 2 hours per lesson (16 hours in total); 32 hours for 2 phases.	48 lessons for course of each level and 2 hours per lesson. (96 hours in total)
Maximum No. of Participants per Session / Course	80	30	30 for elementary / intermediate level; 20 for advanced level	30
Proposed Date / Time	Monday to Saturday (9 a.m. – 5:30 p.m.)			To be determined by LCSD. (please refer programme enrolment information for detail)
Badges Award Scheme	Not applicable	Easy Sport Badges (Note 5)	Gold / Silver / Bronze Badges (Note 5)	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form	Easy Sport Programme Enrolment Form	Outreach Coaching Programme Enrolment Form	Joint Schools DanceSport Training Programme Enrolment Form
Enrolment Method	Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with cheque(s) for payment of the enrolment fee (a separate cheque for \$195 for each session applied) payable to the “Hong Kong DanceSport Association Limited” and with the school name marked clearly 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 LCSD homepage. The duly completed form for each course/activity, together with a cheque (payable to the “Hong Kong DanceSport 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 HKDSA has arranged coaches according to its application, the HKDSA will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 		Please refer to the separate event information for details.
	<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 by the LCSD on time. If the activity cannot be arranged, the cheque(s) attached 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 should delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.

2. Applications for Outreach Coaching Programme should specify the level (elementary/intermediate/advanced or school/non-school team) applied for.
3. To encourage students' active and persistent participation in sports, schools participating in Outreach Coaching Programme are recommended to apply for courses covering a school term (about 6 months) for the same group of students, which assist coaches in assessing students' performance progress.
4. Attire Requirements: Students performing as 'male' steps should wear shirts, trousers and leather shoes while students performing as "female" steps should wear flared skirts or accordion pleats skirts (flared school dresses will do) and shoes with heels during lessons.
5. Participants of Easy Sport, Outreach Coaching and Joint Schools Sports Training Programmes will be assessed, according to the training details, by coaches by the end of the courses. Participants of Easy Sport Programme who meet the required standard will be awarded certificates and badges by LCSD free of charge. Participants of Outreach Coaching who meet the required standard may purchase the respective certificates and badges from the HKDSA, at HK\$40 each level. Participants of Joint Schools Sports Training Programme who meet the required standard will be awarded certificates by LCSD free of charge. In addition, a "Badge Award Assessment Day" will be organized annually by LCSD and HKDSA. Date and enrolment details of the Assessment Day will be announced later.
6. The Sport Captain Programme is available for danceSport. Please refer to the event information and introduction for details.
7. As the aim of participating in training courses, include under this programme is the "Inter-Schools DanceSport Championships", which is held annually. Students participate in courses under this programme are welcome to enter the competition, through which students may share their knowledge and enhance their DanceSport techniques. Enrolment details will be announced later.

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>		

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme			Joint Schools Rhythmic Gymnastics Training Programme
			Rhythmic Gymnastics	Artistic Gymnastics		
						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	

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Rhythmic Gymnastics Training Programme
			Rhythmic Gymnastics	Artistic Gymnastics	
Proposed Date/Time	Monday to Saturday: 9 am - 6 pm *It would be easier to arrange coaches on Saturday afternoon				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.
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	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	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. 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.			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.

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Rhythmic Gymnastics Training Programme
			Rhythmic Gymnastics	Artistic Gymnastics	
	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.

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

Type of Activity Brief Information	Sport Demonstration	Joint Schools Sports Training Programme
Target Group	Primary and secondary students	Primary and secondary students aged between 7 and 16 who have interest in judo may enrol through their schools.
Content	<ul style="list-style-type: none"> - Introduction to the history and development of judo in Hong Kong - VCD on judo skill demonstration and competitions - Demonstration : etiquette of judo / movements and postures of basic self-defence skills / movement practice - O-uchi-gari and O-soto-gari skill demonstration - Play-in session - Q & A session 	Participants will be taught the basic judo skills. Coaches will assess participants' skills at the end of the course. Those who pass the assessment and are recommended by the coaches will be arranged to join the Youth Athletics Training Programme for judo for higher level training.
Venue Requirement	School indoor venue (with wood floor)	<ol style="list-style-type: none"> 1. Buddhist Wai Yan Memorial College (Address: 25 Tai Hing Tai Road, Cheung Chau) 2. Ching Chung Hau Po Woon Primary School (Address: Fu Tung Estate, Tung Chung, Lantau Island) 3. Yan Oi Tong Madam Lau Wong Fat Primary School (Address: Estate Primary School No.6, On Ting Estate, Tuen Mun, New Territories) 4. Kwong Ming Ying Loi School (Address: Yuen Ching Road, Yuen Long, New Territories)

Type of Activity Brief Information	Sport Demonstration	Joint Schools Sports Training Programme
Fee	\$165 per session	Each person per course: \$100 for venues 1-3; \$125 for venue 4
Equipment to be Provided by Schools	At least 10-20 judo mats or floor exercise mats, VCD player and TV set or LCD projector	Not applicable
Other Sports Equipment	The JAHK will provide: 1. a pamphlet on the history and skills of judo 2. a VCD on judo skills and competitions	Participants should bring their own judo-uniforms
Course Arrangement	1.5 hours per session	2 hours per lesson, 16 hours per course Students are required to apply for 2 courses at one time
Estimated No. of Participants per Class / Session	35-100 persons	20 persons
Proposed Date / Time	Monday to Friday: 9 am – 5:30 pm	Dates and time of the courses will be fixed by the LCSD. Please refer to the enrolment form for details.
Enrolment Form	Sport Demonstration Enrolment Form	Joint Schools Judo 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 cheque for \$165 for each session applied) payable to “The Judo Association of Hong Kong, China” and with the school name marked clearly on the back should be sent to the following address by post.</p> <p>2. Schools should submit their enrolment forms before the respective deadlines, otherwise their applications may not be processed on time. If the activity cannot be</p>	<p>1. Participants should apply on their own with the endorsement of coaches or teachers. The duly completed form, together with a cheque for \$200/\$250 for payment of the course fee payable to “The Judo Association of Hong Kong, China” and with the names of the applicant and the school marked clearly on the back, should be sent to the following address by post.</p> <p>2. The LCSD will send the separate event information and enrolment forms to schools upon fixing the dates and time of the courses.</p>

Type of Activity Brief Information	Sport Demonstration	Joint Schools Sports Training Programme
	arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.	Please look out for the LCSD publicity information.
	<ul style="list-style-type: none"> Please send the completed form(s) together with cheque(s) to: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 	
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. Students should put on appropriate sportswear and sports shoes during sport demonstration, and bring their own judo-uniforms for training under the Joint Schools Sports Training Programme.

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

Type of Brief Information	Sport Demonstration
Target Group	Primary and secondary students
Content	Introduction to the basic skills of karatedo, self-defence skills, demonstration of open forms and play-in session
Venue Requirement	Indoor or outdoor venue with smooth surface
Fee	\$270 per session
Equipment to be Provided by Schools	Sound equipment
Course Arrangement	1 hour per session (Schools should arrange at least 2 consecutive demonstrations on the same day for more students to participate)
Estimated No. of Participants per Session	100 persons (about 20 persons can join the play-in session)
Proposed Date / Time	To be fixed by schools
Enrolment Form	Sport Demonstration Enrolment Form
Enrolment Method	<ol style="list-style-type: none"> 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 cheque for \$540 for every 2 sessions payable to “The Karatedo Federation of Hong Kong, China Limited” and with the school name marked clearly on the back) should be sent to the School Sports Programme Unit of the LCSD by post (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). 2. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 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. Students should put on sportswear and sports shoes during the activity.

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

Brief Information	Type of Activity	Outreach Coaching Programme	
		Introductory Course	Progressive Course
Target Group	Primary and secondary students		
Content	<p>The training is based on Levels 1 to 5 of the Youth Wushu Badges Award Scheme (the Scheme) of the HKWU. The content is as follows:</p> <p>Stage 1: Hand forms, steps, hand positions, footwork and elementary Changquan style 1 levels 1 and 2;</p> <p>Stage 2: Footwork (2), practices on movements combination and Wubuquan, as well as revision on elementary Changquan style 1 levels 1 and 2;</p> <p>Stage 3: Practices on 5 types of steps combination and elementary Changquan style 1 levels 3 and 4;</p> <p>Stage 4: Revision on elementary Changquan style 1 levels 3 and 4, footwork strengthening and practices on Wubuquan.</p> <p>(The introductory course consists of 24 lessons and lasts for about 1 academic year)</p>	<p>As this is continuation training for the introductory course, participants must complete the introductory course. The training is based on Levels 6 to 7 of the Scheme of the HKWU. The content is as follows:</p> <p>Stage 5: Revision on stages 1 to 4 and movements combination, footwork, jump exercise and elementary Nanquan levels 1 and 2;</p> <p>Stage 6: Revision on stage 5, run-up, stepping and jump exercise and revision on elementary Nanquan levels 1 and 2;</p> <p>Stage 7: Revision on movements combination, footwork, jump exercise, run-up, stepping and jump exercise and elementary Nanquan levels 3 and 4;</p> <p>Stage 8: strengthening of movements combination, footwork, jump exercise, run-up, stepping and jump exercise and revision on elementary Nanquan.</p> <p>(The progressive course consists of 24 lessons and lasts for about 1 academic year)</p>	
Badges Award Scheme	At the end of the course, coaches will assess participants' skills according to the requirements of the Scheme organised by the HKWU. Students who wish to undergo the assessment should contact their coaches or the HKWU direct.		

Brief Information	Type of Activity	Outreach Coaching Programme	
		Introductory Course	Progressive Course
Venue Requirement	Covered playground or school hall (A venue with an area of not less than 112 square metres; the venue size should increase in proportion to the number of participants)		
Fee	\$770 per course		
Course Arrangement	1.5 hours per lesson, 9 hours in total (6 lessons per stage)		
No. of Participants per Class	25 – 35 persons		
Proposed Date / Time	Monday to Sunday: 9 am – 6 pm		
Enrolment Form	Outreach Coaching Programme Enrolment Form		
Enrolment Method	<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 for full payment of the course/activity fee payable to the “Hong Kong Wushu Union Limited” and with the school name marked clearly on the back, should be sent to the School Sports Programme Unit of the LCSD by post (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). 2. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 3. Should any school cancel the activity after the HKWU has arranged coaches according to its application, the HKWU will deduct an administrative fee of \$236 from the payment of the enrolment fee and return the balance to the school direct. 4. 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. In order to provide an opportunity for participants to pit their skills against each other and enhance the standard of the sport among primary and secondary students, Wushu Competition 2008 will be jointly held by the HKWU and the LCSD on 1 June 2008. Participants of the programme are welcome to participate in the Competition. Enrolment details will be announced later.
 2. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
 3. Students should put on sportswear and sports shoes during lessons.
 4. To enable students to complete the training systematically, schools are advised to arrange students to receive the introductory or progressive course of 4 stages continuously.

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

Type of Activity	Sport Demonstration
Brief Information	
Target Group	Secondary students
Content	Demonstration covers: <ul style="list-style-type: none"> - Brief introduction to the Hong Kong Boxing Association - Basic introduction to boxing - Introduction to boxing outfit - Introduction to basic boxing skills and demonstration - Introduction to basic competition rules and demonstration of skills - Play-in session
Venue Requirement	Indoor or outdoor venue with smooth ground surface
Fee	\$285 per session
Equipment to be Provided by Schools	Sound equipment
Course Arrangement	2 hours per session
Estimated No. of Participants per Session	40 - 100 persons
Proposed Date / Time	To be fixed by schools
Enrolment Form	Sport Demonstration Enrolment Form
Enrolment Method	<ol style="list-style-type: none"> 1. Fill in the enrolment form, which can be downloaded from the LCSD homepage. The duly completed form, together with a cheque for \$285 for full payment of the enrolment fee (payable to the “Hong Kong Boxing Association” and with the school name marked clearly on the back), should be sent to the School Sports Programme Unit of the LCSD by post (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin). 2. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned. 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. Students should put on sportswear and sports shoes during the activity.