

**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**  
**Prospectus**

Type of Activity		Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course	
Brief Information					
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 May of the following year (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. The coach will modify the course according to the levels of the participants..	
	Event	<p style="text-align: center;">Basic skills of athletic events of the following 2 groups will be introduced:</p> <p style="text-align: center;"><b><u>Group A: 2 track events* and 1 field event</u></b> (Hurdling must be chosen as one of the track events for demonstration)</p> <p style="text-align: center;"><b><u>Group B: 2 field events and 1 track event*</u></b> (Demonstrations for 2 field events must include a throwing event and a jump event) *Race walking is a newly added track event</p>	<p style="text-align: center;">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>	Primary School	Secondary School
	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 assign veteran coaches to teach the participants.	

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 Competition – Athletics Competition to compete for awards.	After training, participants may take part in the “ Athletics Badges Award Scheme – Assessment Day ” to: 1) test for specific events 2) the test under the Athletics Badges Award Scheme for receiving diamond, gold, silver or bronze badges
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 assessment 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)		Tentative venues (Please refer to the relevant prospectus for details) <b>Hong Kong Island</b> – Siu Sai Wan Sports Ground or Wan Chai Sports Ground <b>Kowloon East</b> – Hammer Hill Road Sports Ground <b>Kowloon West</b> – Sham Shui Po Sports Ground <b>New Territories East</b> – Tai Po Sports Ground, North District Sports Ground <b>New Territories West</b> – Tsing Yi Sports Ground, Tuen Mun Tang Siu Kin Sports Ground
Equipment to be Provided by Schools			Not applicable	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.  Schools may buy certain sets of simple athletic equipment for practice for long-term development according to the equipment samples provided by the LCSD.  Schools are also required to provide stopwatches and mattresses.	Not applicable

Brief Information / Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course
Course Duration	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><b>(School may arrange 2 different courses to be conducted concurrently)</b></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 duration, please refer to the Prospectus 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 (P.120)	Easy Sport Programme Enrolment Form (P.105)	For details, please refer to the relevant prospectus and the enrolment form to be issued later.
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Amateur Athletic 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"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Amateur Athletic Association Limited” and with the school name marked clearly on the back) should be sent to the following address by post.</li> <li>Should any school cancel the activity after the HKAAA has arranged coaches according to its application, the HKAAA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> </ol>	<ol style="list-style-type: none"> <li>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.</li> <li>If schools wish to apply for more than 1 course concurrently, they should submit separate enrolment forms and cheques.</li> <li>Upon fixing the dates and time of the courses, the LCSD will issue the prospectus and enrolment form to schools. Please look out for the LCSD publicity information.</li> </ol>

Brief Information / Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach (Joint Schools) Athletics Training Course
			<ul style="list-style-type: none"> <li>• 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.</li> <li>• Please refer to the Enrolment Method (P.7) for the dates of application.</li> <li>• If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ul>
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	<p><b>1. Attendance Certificate</b> Participants with an attendance rate of 80% or above will be awarded an attendance certificate.</p> <p><b>2. Athletics Badges Award Scheme</b> Participants who have an attendance rate of 60% or above and reach the required standard of their age group in the Athletics Badges Award Scheme – Assessment Day 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.</p>
Enquiries / Website	2601 7602/ <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>		

- 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 prospectus and introduction for details.
  4. “Easy Sport Competition – Athletics 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 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  
Prospectus**

Type of Activity	Easy Sport Programme
Brief Information	
Target Group	Students of Primary 4 or above (10 years old or above)
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 can buy own small dragon and a dragon ball for practice. Requirements for the dragon dance equipment was set by the HKCMADLDA, please contact the HKCMADLDA for details. (schools may borrow the equipment from the LCSD for a school term of about 6 months)
Course Duration	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 (P.105)
Enrolment Method	<ol style="list-style-type: none"> <li>1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course (payable to the “Hong Kong Chinese Martial Arts Dragon and Lion Dance Association Ltd.” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).</li> <li>2. Please refer to the Enrolment Method (P.7) for the dates of application.</li> <li>3. Should any school cancel the activity after the HKCMADLDA has arranged coaches according to its application, the HKCMADLDA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> <li>4. If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ol>
Enquiries / Website	2601 7602/ <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>

- 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) so that coaches can assess the students’ progress regularly.
  3. Students should put on appropriate sportswear and sports shoes during lessons.
  4. “The 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 (HKDSA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme — DanceSport**  
**Prospectus**

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
			Non- school team	School team	
Target Group	Primary and secondary school students		Primary and secondary school students		Students must obtain the recommendation of teachers or coaches
			Students who have attended the Easy Sport Programme or received basic DanceSport training	Students who have attended the Outreach Coaching Programme (Non-school team)	
Content	The demonstration includes: <ul style="list-style-type: none"> <li>- Introduction to DanceSport</li> <li>- Demonstration of basic techniques</li> <li>- Play-in session</li> </ul>	The training programme is based on Grades 1 and 2 of the HKDSA syllabus.  School should select either Latin or Standard Dance for training. The training programme includes: <ul style="list-style-type: none"> <li>- basic skills of body movement</li> <li>- basic steps</li> <li>- basic tempo</li> <li>- basic steps combination</li> </ul>	The training programme is based on Grades 3 and 4 of the HKDSA syllabus.  School should select either Latin or Standard Dance for training. The training programme includes: <ul style="list-style-type: none"> <li>- skills of body movement</li> <li>- steps</li> <li>- music and tempo</li> <li>- steps combination</li> </ul>	The training programme is based on Grades 5 and 6 of the HKDSA syllabus.	The training programme is based on Grades 7 and 8 of the HKDSA syllabus.  Students with potential may be selected by the HKDSA as members of the Hong Kong Junior Squad Team for further training.
Venue Requirement	School hall with wooden flooring or dance room or activity room of the LCSD sports centres booked by the schools concerned				Venue to be fixed by the LCSD
Fee	\$195 per session	\$960 per course	<u>Non-school team</u> \$1,860 per course <u>School team</u> \$2,340 per course		\$920 per person/per course
Equipment to be Provided by School	TV set or large projector with DVD player, sound system with CD or MD player; extension unit, etc.	Sound system with CD or MD player, an extension unit			Not applicable
Course Duration	2 hours per session	6 lessons per course and 1.5 hours per lesson (9 hours in total)	Each course is recommended to be conducted in 2 stages. Each stage has 8 lessons and 2 hours per lesson (32 hours in total)		96 hours in total per course
Maximum no. of Participants per Course / Session	50-80 persons	30 persons		20 - 30 persons	

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
			Non- school team	School team	
Proposed Date / Time	Monday to Saturday (9 am – 6 pm)				Please refer to the enrolment form for details
Badges Award Scheme	Not applicable	(Note 5)			
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme and Outreach Coaching Programme -DanceSport Enrolment Form (P.108)			Please refer to the enrolment form for details
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (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"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (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.</li> <li>Should any school cancel the activity after the HKDSA has arranged coaches according to its application, the HKDSA will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> </ol> <ul style="list-style-type: none"> <li>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.</li> <li>Please refer to the Enrolment Method (P. 7) for the dates of application.</li> <li>If the HKDSA or the LCSD cannot arrange the activity, the payment will be refunded to the school concerned.</li> </ul>			
Enquiries / Website	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>				

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  - School team/Non-school team training should be specified in applications for training courses under the Outreach Coaching Programme.
  - 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 so that coaches can assess the students' progress regularly.
  - Dress Requirements: Students as male partners should wear shirts, trousers and shoes with heels while those as female partners should wear school dresses and shoes with heels. (School-team / Joint Schools Sports Training Programme: students should comply with the Dress Regulation of HKDSA)
  - Participants under the Easy Sport Programme, the Outreach Coaching Programme and the Joint Schools Sports Training Programme can take the Hong Kong DanceSport Examination (Grades 1 to 8) organised by the HKDSA at their own expense. For the examination date and enrolment, please contact the HKDSA for details (Tel. no.: 2771 8171).

**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 (Aerobic Gymnastics, Artistic Gymnastics)**

**Prospectus**

Type of Activity Brief Information	Sport Demonstration	Outreach Coaching Programme						
	Aerobic Gymnastics	Artistic Gymnastics						
Target Group	Primary and secondary school students							
Content	<ul style="list-style-type: none"> <li>- History, development and major skills of aerobic gymnastics</li> <li>- How to appreciate this sport</li> <li>- Demonstration by coaches</li> <li>- Play-in session</li> </ul>	<p>The training programme covers Levels 1 to 3 of the Badges Award Scheme under the GAHK.</p> <p>Coaches will assess students' skills according to badges requirements at the end of the course. Those who pass the assessment and are qualified can apply to the GAHK for certificates at their own expense (\$50 for each badge).</p> <p>Under the GAHK Badges Award Scheme, Levels 1 to 9 refer to:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Levels 1 to 3</td> <td style="padding: 2px;">bronze, silver and gold badges of elementary level</td> </tr> <tr> <td style="padding: 2px;">Levels 4 to 6</td> <td style="padding: 2px;">bronze, silver and gold badges of intermediate level</td> </tr> <tr> <td style="padding: 2px;">Levels 7 to 9</td> <td style="padding: 2px;">bronze, silver and gold badges of advanced level</td> </tr> </table>	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
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							
Venue Requirement	School halls or schools may book the basketball courts/dance rooms of the LCSD sports centres	School halls or schools may book the basketball courts of the LCSD sports centres (Covered playgrounds and outdoor sports venues are not suitable)						
Fee	\$220 for the first session (\$180 for an extension session on the same day)	\$1,020 per course						
Equipment to be Provided by Schools	Hands-free loudspeaker, VCD/DVD player or computer	Bronze and silver badges of elementary level: 10 gymnastic mats, springboard, vaulting box (5 section) and thick safety mat  Gold badge of elementary level: balance beam, horizontal bar and parallel bars are also required						
Other Equipment	Not applicable							
Course Duration	1.5 hours per session	2 hours per session, 6 sessions per course (12 hours in total) *Schools should apply for at least 2 courses as a complete training unit (24 hours in total) for the same group of students.						
Estimated No. of Participants Per Class/Session	60-80 persons	15 persons (School must arrange at least 12 participants, with 1 coach per class)						
Proposed Date /Time	Monday to Saturday: 9 am – 6 pm *(Easier to arrange coaches on Friday morning)	Monday to Saturday: 9 am – 6 pm *(Easier to arrange coaches on Saturday afternoon)						

Type of Activity Brief Information	Sport Demonstration	Outreach Coaching Programme
	Aerobic Gymnastics	Artistic Gymnastics
Badges Award Scheme	Not applicable	Levels 1 to 3 (i.e. bronze, silver and gold badges of elementary level)
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Outreach Coaching Programme Enrolment Form (P.109)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to “The Gymnastics Association of Hong Kong, China” and with the school name marked on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course (payable to “The Gymnastics Association of Hong Kong, China” and with the school name marked on the back) should be sent to the following address by post.</li> <li>Should any school cancel the activity after the GAHK has arranged coaches according to its application, the GAHK will deduct an administrative fee \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> </ol>
	<ul style="list-style-type: none"> <li>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.</li> <li>Please refer to the Enrolment Method (P. 7) for the dates of application.</li> <li>If the GAHK or the LCSD cannot arrange the activity, the payment will be refunded to the school concerned.</li> </ul>	
Enquiries/Website	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>	

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  - To encourage students' active and persistent participation in sports, schools are recommended to set and apply for continuous training covering a school term (about 6 months) so that coaches can assess the students' progress regularly.
  - Students should put on appropriate sportswear and sports shoes during the course/activity.
  - Participants of the Artistic Gymnastics Training Programme of the Outreach Coaching Programme under the School Sports Programme will be assessed by the GAHK registered coaches at the end of the course according to the test items of various 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.
  - To safeguard participants, the GAHK advises schools to take out insurance for their students.

**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 (Rhythmic Gymnastics)**  
**Prospectus**

Type of Activity  Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme														
	Rhythmic Gymnastics																	
Target Group	Primary and secondary school students	Girls from primary schools	Girls from primary and secondary schools	Girls from Primary 1 to 5														
			<table border="1" style="width: 100%;"> <tr> <td style="width: 50%;">Non- School Team (# Level 1)</td> <td style="width: 50%;">School Team (# Levels 2 and 3)</td> </tr> </table>		Non- School Team (# Level 1)	School Team (# Levels 2 and 3)												
Non- School Team (# Level 1)	School Team (# Levels 2 and 3)																	
Content	<ul style="list-style-type: none"> <li>- Introduction to rhythmic gymnastics and the Badges Award Scheme</li> <li>- Development of rhythmic gymnastics in Hong Kong</li> <li>- Rhythmic gymnastics demonstration</li> <li>- Play-in session</li> </ul>	<p><b>The training programme covers the use of the individual apparatus of rhythmic gymnastics and it is conducted in 4 units:</b></p> <table border="1" style="width: 100%;"> <tr> <td style="width: 20%;">Unit 1:</td> <td>Balls and free hands (I)</td> </tr> <tr> <td>Unit 2:</td> <td>Ropes and free hands (II)</td> </tr> <tr> <td>Unit 3:</td> <td>Ribbons</td> </tr> <tr> <td>Unit 4:</td> <td>Hoops</td> </tr> </table> <p>Schools are recommended to arrange the 4 units in the above order for students.</p> <p>Coaches will assess students' skills at the end of the course. Students who pass the assessment will be awarded a certificate of Easy Sport Rhythmic Gymnastics of the respective apparatus. Students may obtain certificates from the GAHK at their own expense through their teachers. (\$10 for each certificate and \$40 for 4 certificates)</p>	Unit 1:	Balls and free hands (I)	Unit 2:	Ropes and free hands (II)	Unit 3:	Ribbons	Unit 4:	Hoops	<p>The training programme covers Levels 1 to 3 of the Badges Award Scheme of the GAHK.</p> <p>(For rhythmic gymnastics, school team training is only suitable for students who have completed the training of <b>Level 1</b>.)</p> <p>Coaches will assess students' skills according to badges requirements at the end of the course. Those who pass the assessment and are qualified can apply to the GAHK for certificates at their own expense. (\$50 for each badge).</p> <p># Under the GAHK Badges Award Scheme, Levels 1 to 9 refer to:</p> <table border="1" style="width: 100%;"> <tr> <td style="width: 20%;">Levels 1 to 3</td> <td>bronze, silver and gold badges of elementary level</td> </tr> <tr> <td>Levels 4 to 6</td> <td>bronze, silver and gold badges of intermediate level</td> </tr> <tr> <td>Levels 7 to 9</td> <td>bronze, silver and gold badges of advanced level</td> </tr> </table>	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>Intensive training mainly covers Levels 2 to 6 (i.e. silver and gold badges of elementary level, and bronze, silver and gold badges of intermediate level). Students will be taught the rhythmic routines for competition.</p> <p>Students with better performance may be selected by the GAHK to attend the Progressive Training Course for enhancement of their skills. Outstanding students may be further selected to join the Elite Team for further training.</p> <p>Students who acquire the skills of Level 1 (bronze badge of elementary level) or above, pass the screening test conducted by the GAHK and are selected by the GAHK are qualified for enrolment.</p> <p>This programme is not suitable for beginners.</p>
Unit 1:	Balls and free hands (I)																	
Unit 2:	Ropes and free hands (II)																	
Unit 3:	Ribbons																	
Unit 4:	Hoops																	
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																	
Venue Requirement	School halls or schools may book the basketball courts of the LCSD sports centres (Covered playgrounds and outdoor sports venues are not suitable)			LCSD sports centres														

Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme		Joint Schools Sports Training Programme
Brief Information	Rhythmic Gymnastics				
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)	Non-School Team - \$1,020 per course	School Team - \$1,290 per course	\$280 for each person per course
Equipment to be Provided by Schools	Wireless microphone, TV set, DVD player and 10 floor exercise mats	Schools may purchase the equipment for rhythmic gymnastics, including balls, ropes, ribbons and hoops (each 15 in number) and gymnastic mats (around 1.5" thick). [If schools cannot provide the necessary equipment, they may borrow them except gymnastic mats from the LCSD for a school term (about 6 months)]			Not applicable
Other Equipment	Equipment such as balls, ribbons, ropes and hoops will be provided by the GAHK	Not applicable			
Course Duration	2 hours per session	2 hours per session, 4 sessions per unit (8 hours in total) (32 hours in total for 4 units)	2 hours per session, 6 sessions per course (12 hours in total) *Schools should apply for at least 2 courses as a completed training unit (24 hours in total) for the same group of students.	2 hours per session, 10 sessions per course (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 arrange at least 12 participants, with 1 coach per class)	15 persons (School must arrange at least 12 participants, with 1 coach per class)		32 persons
Proposed Date/Time	Monday to Saturday: 9 am - 6 pm * (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 prospectus 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)	

Type of Activity Brief Information	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme
	Rhythmic Gymnastics			
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)	Outreach Coaching Programme Enrolment Form (P.109)	Joint Schools Rhythmic Gymnastics Training Programme Enrolment Form (Please refer to the relevant prospectus and the enrolment form)
Enrolment Method	The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to “The Gymnastics Association of Hong Kong, China” and with the school name marked on the back) should be sent to the following address by post.	<ol style="list-style-type: none"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course (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.</li> <li>Should any school cancel the activity after the GAHK has arranged coaches according to its application, the GAHK will deduct an administrative fee \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> </ol>		Upon fixing the dates and time of the courses, the LCSD will send the relevant prospectus and the enrolment form to schools. Please look out for the LCSD publicity information.
	<ul style="list-style-type: none"> <li>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.</li> <li>Please refer to the Enrolment Method (P. 7) for the dates of application.</li> <li>If the GAHK or the LCSD cannot arrange the activity, the payment will be refunded to the school concerned.</li> </ul>			
Enquiries / Website	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>			

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  - To encourage students' active and persistent participation in sports, schools are recommended to set and apply for continuous training covering a school term (about 6 months) so that coaches can assess the students' progress regularly.
  - Students should put on appropriate sportswear and sports shoes (gymnastic shoes are preferable) during lessons.
  - For the Easy Sport Programme, the Outreach Coaching Programme and the Joint Schools Rhythmic Gymnastics Training Programme under the School Sports Programme, participants of all Gymnastics Training Courses will be assessed by the GAHK registered coaches at the end of the course according to the test items of various 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.
  - Rhythmic Gymnastic Competition is held annually under this programme. Participants receiving training under this programme will be given priority to enrol in the Competition. Schools can achieve the aim of training up students and enhancing their interest and skills in rhythmic gymnastics by exposing them to contests and exchanges in the Competition. Enrolment details will be announced later.
  - To safeguard participants, the GAHK advises schools to take out insurance for their students.

**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**  
**Prospectus**

Type of Activity Brief Information	Sport Demonstration	Outreach Coaching Programme
<b>Target Group</b>	Primary and secondary school students	
<b>Content</b>	<ul style="list-style-type: none"> <li>- Introduction to the history and development of judo in Hong Kong</li> <li>- Demonstration: etiquette of judo / movements and postures of basic self-defence skills / movement practice</li> <li>- O-uchi-gari and O-soto-gari skill demonstration</li> <li>- Play-in session</li> <li>- Q &amp; A session</li> </ul>	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 then recommended by the instructors will have the opportunity to join the Youth Athletics Training Programme for judo for higher level training
<b>Venue Requirement</b>	School indoor venue (with wooden floor)	School hall or covered playground
<b>Fee</b>	\$165 per session	\$1,500 per course
<b>Equipment to be Provided by Schools</b>	10-20 judo mats or floor exercise mats	10-20 judo mats or floor exercise mats (If schools cannot arrange the required equipment for students in time, they may borrow it from the LCSD for a school term of about 6 months)
<b>Other Sports Equipment</b>	The JAHK will provide a pamphlet on the history and skills of judo to the participants.	Participants should bring their own judo-uniform
<b>Course Duration</b>	1.5 hours per session	8 lessons per course, (2 hours per lesson and 16 hours in total)
<b>Estimated No. of Participants per Class / Session</b>	35-100 persons	15 persons
<b>Proposed Date / Time</b>	Monday to Friday: 9 am – 5:30 pm	Monday to Saturday: 9 am – 5:30 pm
<b>Enrolment Form</b>	Sport Demonstration Enrolment Form (P.120)	Outreach Coaching Programme Enrolment Form (P.109)
<b>Enrolment Method</b>	<p>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to “The Judo Association of Hong Kong, China” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).</p> <ul style="list-style-type: none"> <li>● 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.</li> <li>● Please refer to the Enrolment Method (P.7) for the dates of application.</li> <li>● If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ul>	<ol style="list-style-type: none"> <li>1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (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.</li> <li>2. Should any school cancel the activity after the JAHK has arranged coaches according to its application, the JAHK will deduct an administrative fee \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> </ol>
<b>Enquiries / Website</b>	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>	

Notes: 1. Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.

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

Type of Activity	Sport Demonstration	Easy Sport Programme
Brief Information		
Target Group	Primary and secondary students	Primary students
Content	Introduction to the basic skills of Karatedo, self-defense skills, demonstration of open forms and play-in session	Introduction to the basic skills of Karatedo and self-defense skills
Venue Requirement	Indoor or outdoor venue with smooth surface	Indoor or outdoor venue with smooth surface. Please note that the floor must be clean, as students are required to practice barefoot.
Fee	\$270 per session	\$750 per course
Equipment to be Provided by Schools	Public address system	Public address system
Course Duration	1.5 hours per session	1.5 hours per lesson, 6 hours in total (4 lessons)
Estimated No. of Participants per Session	100 persons (about 20 persons can join the play-in session)	25-30 persons
Proposed Date / Time	To be fixed by schools	To be fixed by schools
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	Easy Sport Programme Enrolment Form (P.105)
Enrolment Method	<ol style="list-style-type: none"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “The Karatedo Federation of Hong Kong, China Limited” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).</li> <li>Please refer to the Enrolment Method (P.7) for the dates of application.</li> <li>If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ol>	<ol style="list-style-type: none"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “The Karatedo Federation of Hong Kong, China Limited” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).</li> <li>Should any school cancel the activity after the KFHKCL has arranged coaches according to its application, the KFHKCL will deduct an administrative of \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> <li>Participants with an attendance rate of 100% will be awarded an attendance certificate.</li> </ol>
Enquiries / Website	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>	

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  - Students should put on sportswear and sports shoes during the Sport Demonstration. Students should practice barefoot during the Easy Sport Programme.

**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**  
**Prospectus**

Type of Activity Brief Information	Outreach Coaching Programme		
Target Group	Primary and secondary students		
	Elementary Course	Intermediate Course	Advance Course
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 (1) 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 elementary course consists of 24 lessons and lasts for about 1 academic year)</p>	<p>Participants must complete the elementary course before participating in the intermediate 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>	<p>Participants must complete the elementary and intermediate course or the introductory course of school wushu club held by HKWU before participating in the advance course. The training is based on Levels 8 to 9 of the Scheme of the HKWU. The content is as follows:</p> <p>Stage 1: Revision on stages 1 to 4 and junior Jinshu levels 1 and 2;</p> <p>Stage 2: Revision on stages 5 to 8, jumping kick level 1 and revision on junior Jinshu level 1 and 2;</p> <p>Stage 3: Revision on jumping kick level 1, jumping kick level 2, Jinshu level 3 and 4 and introduce 8 form Tai Ji Quan;</p> <p>Stage 4: Strengthen jumping kick level 1 and 2, strengthen junior Jinshu 3 and 4 and basic practice on 8 form Tai Ji Quan.</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 directly.		

Type of Activity Brief Information	Outreach Coaching Programme		
	Elementary Course	Intermediate Course	Advance 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)		Covered playground or school hall (A venue with an area of not less than a basketball court)
Fee	\$770 per stage		\$1,080 per stage
Course Duration	1.5 hours per lesson, 9 hours in total (6 lessons per stage)		1.5 hours per lesson, 9 hours in total (6 lessons per stage)
Equipment to be provided by school	Not applicable		15 –20 wooden Jin
No. of Participants per Class	25 – 35 persons		15 – 20 persons
Proposed Date / Time	Monday to Sunday: 9 am – 6 pm		
Enrolment Form	Outreach Coaching Programme Enrolment Form (P.109)		
Enrolment Method	<ol style="list-style-type: none"> <li>The duly completed enrolment form together with a cheque for payment of the enrolment fee for each course / activity (payable to the “Hong Kong Wushu Union Limited” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCS D (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).</li> <li>Please refer to the Enrolment Method (P.7) for the dates of application.</li> <li>Should any school cancel the activity after the HKWU has arranged coaches according to its application, the HKWU will deduct an administrative fee of \$256 from the payment of the enrolment fee and return the balance to the school directly.</li> <li>If the activity cannot be arranged, the cheque(s) for payment of the enrolment fee will be returned to the school concerned.</li> </ol>		
Enquiries / Website	2601 7602 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>		

- Notes:
- Schools are advised to delegate a person-in-charge aged 18 or above or a teacher to oversee the activity.
  - Students should put on sportswear and sports shoes during lessons.
  - To enable students to complete the training systematically, schools are advised to arrange students to receive the elementary, intermediate and advance course continuously.
  - 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, “Outreach Coaching Programme – Wushu Competition” will be jointly held by the LCS D and the HKWU each year. Participants of the Programme are welcome to participate in the Competition. Enrolment details will be announced later.

**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**  
**Prospectus**

Type of Activity Brief Information	Sport Demonstration	
	School Demonstration	# Contact Sports Centre Demonstration
Target Group	Secondary students	
Content	Demonstration covers: <ul style="list-style-type: none"> <li>- Brief introduction to the Hong Kong Boxing Association</li> <li>- Basic introduction to boxing</li> <li>- Introduction to boxing outfit</li> <li>- Introduction to basic boxing skills and demonstration</li> <li>- Introduction to basic competition rules and demonstration of skills</li> <li>- Play-in session</li> </ul> (Around 40 students are available for the play-in session)	Demonstration covers: <ul style="list-style-type: none"> <li>- Brief introduction to the Hong Kong Boxing Association</li> <li>- Basic introduction to boxing</li> <li>- Introduction to boxing outfit</li> <li>- Introduction to basic boxing skills and demonstration</li> <li>- Introduction to basic competition rules and demonstration of skills</li> <li>- Introduction to the facility of Contact Sports Centre</li> <li>- Trying to use boxing equipment including speed ball, punching bag and boxing ring</li> <li>- Play-in session</li> </ul> (Around 60 students are available for the play-in session)
Venue Requirement	Indoor or outdoor venue with smooth ground surface	Contact Sports Centre, 6/F, Pei Ho Street Sports Centre, Sham Shui Po
Equipment to be Provided by Schools	Public address system	Not Applicable
Estimated No. of Participants per Session	40 - 100 persons	40 - 60 persons
Fee	\$285 per session	
Course Duration	2 hours per session	
Proposed Date / Time	To be fixed by schools	
Enrolment Form	Sport Demonstration Enrolment Form (P.120)	
Enrolment Method	1. The duly completed enrolment form together with a cheque for payment of the enrolment fee for each session (payable to the “Hong Kong Boxing Association” and with the school name marked clearly on the back) should be sent by post to the School Sports Programme Unit of the LCSD (Address: 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin).  2. Please refer to the Enrolment Method (P.7) for the dates of application.  3. 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 / <a href="http://www.lcsd.gov.hk">http://www.lcsd.gov.hk</a>	

- 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 venue of Contact Sports Centre Demonstration will be arranged by LCSD.