

Index of Activities
Types and Sports Choice Available in School Sports Programme

| Item | Activity | | Primary School | | | | Secondary School | | | | |
|------|-----------------------------|-------------------------|---------------------|----------------------|-----------------------------|---|---------------------|----------------------|-----------------------------|---|-------------------------|
| | | | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme | Joint Schools Sports Training Programme | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme | Joint Schools Sports Training Programme | Sport Captain Programme |
| 1 | Archery | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| 2 | Athletics | | ✓ | ✓ | - | *✓ | ✓ | - | - | *✓ | ✓ |
| 3 | Badminton | | - | *✓ | *✓ | - | - | - | *✓ | - | ✓ |
| 4 | Baseball | | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 5 | Basketball | | ✓ | *✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | ✓ |
| 6 | Billiard | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| 7 | Bodybuilding | | - | - | - | - | ✓ | - | - | - | - |
| 8 | Boxing | | - | ✓ | - | - | ✓ | - | ✓ | - | - |
| 9 | Canoe | | - | *✓ | - | - | - | *✓ | #*✓ | - | - |
| 10 | Cricket | | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 11 | Cycling | Cycling | ✓ | *✓ | *✓ | ✓ | ✓ | - | *✓ | ✓ | - |
| | | Bicycle moto cross(BMX) | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| | | Track Cycling | ✓ | - | - | - | ✓ | - | #✓ | ✓ | - |
| 12 | DanceSport | | ✓ | *✓ | ✓ | - | ✓ | *✓ | ✓ | - | - |
| 13 | Dragon Boat | | ✓ | - | - | - | ✓ | - | #*✓ | #*✓ | ✓ |
| 14 | Dragon Dance and Lion Dance | Lion Dance | ✓ | ✓ | - | - | - | - | - | - | - |
| | | Dragon Dance | - | *✓ | *✓ | - | - | - | - | - | - |
| 15 | Fencing | | ✓ | *✓ | *✓ | - | ✓ | - | *✓ | - | ✓ |
| 16 | Football | | - | - | ✓ | - | - | - | ✓ | - | ✓ |
| 17 | Gateball | | ✓ | ✓ | *✓ | - | ✓ | - | *✓ | - | - |
| 18 | Golf | | ✓ | - | - | - | ✓ | - | - | - | - |
| 19 | Gymnastics | Aerobic Gymnastics | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| | | Artistic Gymnastics | - | - | *✓ | - | - | - | *✓ | - | - |
| | | Rhythmic Gymnastics | ✓ | - | *✓ | #*✓ | ✓ | - | *✓ | - | - |
| | | Acrobatic Gymnastics | ✓ | - | *✓ | - | ✓ | - | *✓ | - | - |
| 20 | Handball | Handball | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | ✓ |
| | | Beach Handball | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 21 | Hockey | | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 22 | Judo | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| 23 | Karatedo | | ✓ | ✓ | - | - | ✓ | - | - | - | - |

| Item | Activity | | Primary School | | | | Secondary School | | | | |
|------|--------------------------------|------------------|---------------------|----------------------|-----------------------------|---|---------------------|----------------------|-----------------------------|---|-------------------------|
| | | | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme | Joint Schools Sports Training Programme | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme | Joint Schools Sports Training Programme | Sport Captain Programme |
| 24 | Karting | | ✓ | - | - | - | ✓ | - | - | - | - |
| 25 | Kendo | | ✓ | - | - | - | ✓ | - | - | - | - |
| 26 | Korfball | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| 27 | Lawn Bowls | | ✓ | ✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 28 | Life Saving | | ✓ | - | - | - | ✓ | - | *✓ | - | - |
| 29 | Mountaineering and Climbing | Sport Climbing | ✓ | ✓ | - | - | ✓ | - | #✓ | - | - |
| | | Mountain Craft | ✓ | - | - | - | ✓ | - | ✓ | - | - |
| 30 | Muay Thai | | - | - | - | - | ✓ | - | ✓ | - | - |
| 31 | Netball | | ✓ | *✓ | - | - | ✓ | - | *✓ | - | - |
| 32 | Orienteering | | ✓ | ✓ | - | - | ✓ | ✓ | ✓ | - | - |
| 33 | Rowing | | ✓ | - | #✓ | ✓ | ✓ | - | #*✓ | ✓ | - |
| 34 | Rugby | | ✓ | *✓ | - | - | ✓ | - | *✓ | ✓ | - |
| 35 | Sailing | | ✓ | - | - | - | ✓ | - | - | - | - |
| 36 | Shuttlecock | | ✓ | *✓ | *✓ | - | ✓ | - | *✓ | - | - |
| 37 | Softball | | ✓ | ✓ | - | - | ✓ | - | - | - | - |
| 38 | Squash | | ✓ | ✓ | ✓ | ✓ | ✓ | - | ✓ | ✓ | - |
| 39 | Table Tennis | | - | - | ✓ | -✓ | - | - | ✓ | - | ✓ |
| 40 | Taekwondo | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | - |
| 41 | Tennis | | ✓ | *✓ | *✓ | *✓ | ✓ | - | *✓ | - | - |
| 42 | Tenpin Bowling | | ✓ | - | ✓ | - | ✓ | - | ✓ | - | ✓ |
| 43 | Triathlon | | ✓ | *✓ | ✓ | - | ✓ | - | ✓ | - | - |
| 44 | Volleyball | Volleyball | - | ✓ | - | - | - | - | *✓ | #✓ | ✓ |
| | | Beach Volleyball | - | - | - | - | ✓ | - | ✓ | ✓ | - |
| 45 | Weightlifting and Powerlifting | | - | - | - | - | ✓ | - | ✓ | - | - |
| 46 | Windsurfing | | ✓ | - | - | #✓ | ✓ | - | #✓ | #✓ | - |
| 47 | Wushu | | -✓ | - | #*✓ | - | -✓ | - | #*✓ | - | - |

Notes: 1. Badges Award Scheme is available for activities marked with *

2. Progressive training courses are available for activities marked with #

Index to Activities

Activities under the Sport Education Programme:

| Activity | Option | Speakers | Note |
|--------------------------------|---|---|---|
| Guided Visits to Sports Venues | 1. Hong Kong Stadium | Not Applicable | The school shall arrange for its own transportation to and from the venue. Details refer to P.170 |
| | 2. Tuen Mun Recreation and Sports Centre | | |
| | 3. LCSD Water Sports Centres: – The Jockey Club Wong Shek Water Sports Centre – St. Stephen’s Beach Water Sports Centre – Stanley Main Beach Water Sports Centre | | |
| Sport Exhibition | Set A : Sports and Health, The Value of Sports, Sports and Nutrition and Sports Injury | Not Applicable | Details refer to P.171 |
| | Set B : Sports and Multiple Intelligence Development and Sports and Stress Management | | |
| | Set C : Sports and Self-understanding and Sports and Weight Management | | |
| | Set D : The Knowledge of Physical Fitness | | |
| | Set E : The Introduction of Sports Award Schemes | | |
| | Set F Sports and Water | | |
| Sport Talk | 1. The Value of Sports | Students from the Department of Sports Science and Physical Education of the CUHK | Each schools participating in the Sport Talk will receive a DVD on the related topic. Details refer to P.172 |
| | 2. Sports and Nutrition | | |
| | 3. Sports and Health | | |
| | 4. Sports Injury | | |
| | 5. Sports and Science | | |
| | 6. Sports and Water | | |
| | 7. Sports and Stress Management | Students from the Department of Physical Education of the HKBU | |
| | 8. Sports and Multiple Intelligence Development | | |
| | 9. Sports and Self-understanding | | |
| | 10. Sports and Weight Management | | |
| | 11. Sports in Life | | |