

Organised by National Sports Associations
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau,
the Chinese University of Hong Kong and the Hong Kong Baptist University

School Sports Programme

I. Introduction

The School Sports Programme (SSP) is organised by various National Sports Associations (NSAs), co-ordinated and subvented by the Leisure and Cultural Services Department (LCSD), and co-organised by the Education Bureau (EDB), the Chinese University of Hong Kong (CUHK) and the Hong Kong Baptist University (HKBU). The SSP is conducted in line with the daily schedule of schools to enable students of primary, secondary and special schools in the territory to participate in diverse sports activities at school during their leisure time.

II. Objectives

- To nurture students' interest in sports so as to foster a sporting culture on school campuses;
- to encourage students to participate in sports on a regular basis and develop a healthy and active lifestyle;
- to raise the sporting standards among students; and
- to identify students with sporting talent for further training.

III. Contents

The SSP consists of seven subsidiary programmes/schemes:

A. Sport Education Programme

Students are provided with updated sports information through the following activities:

(1) Sport Demonstration

Instructors from National Sports Associations (NSAs) introduce the basic skills required for individual sports and rules to students. Play-in sessions will be arranged to give students a taste of the sports.

(2) Guided Visits to Sports Venues

Students will visit sports facilities under the LCSD, including Tuen Mun Recreation and Sports Centre and water sports centres. Play-in sessions will be included in some of the visits.

(3) Sport Exhibition and Sports Talk

The LCSD, the Department of Sports Science and Physical Education of the CUHK and the Department of Physical Education of the HKBU have jointly produced a series of display panels on sports for free use in roving exhibitions at schools. Students from the two universities will give sports talks in schools to allow students a better understanding of the benefits of exercise.

(4) Guided Tour of Sports Events

Students will be arranged to watch high-level sports competitions, pre-match practices and demonstrations in Hong Kong. Representatives from NSAs will, on some occasions, provide students with commentaries to enrich their sports knowledge and enhance their appreciation of sports competitions.

B. Easy Sport Programme

The programme aims to arouse students' interest in sport by teaching simplified sports skills through modified introductory courses with the aid of simple equipment.

C. Outreach Coaching Programme

Coaches from NSAs will be arranged to conduct sports training for students in schools and assist schools in setting up school teams for participation in inter-school competitions.

D. Joint Schools Sports Training Programme

Students who have attained the required skill level in individual sports will be selected for advanced training.

E. Badges Award Scheme

Students who meet the assessment standards set by NSAs for different levels will be awarded badges.

F. Sports Award Scheme

Under the scheme, certificates will be awarded to students who meet the set targets of sports participation or performance. There are three subsidiary schemes under the Sports Award Scheme:

(1) sportACT Award Scheme

Students who meet the set target of participation in physical activities in at least six weeks within a period of eight consecutive weeks will be awarded a certificate. Please refer to the section on **sportACT** Award Scheme (P.173) for details.

(2) sportFIT Award Scheme

Students awarded both a certificate under the **sportACT** Award Scheme and a certificate of any level under the School Physical Fitness Awards Scheme jointly organised by the EDB, the Hong Kong Childhealth Foundation and the Physical Fitness Association of Hong Kong, China in a school year will be awarded a **sportFIT** certificate. Please refer to the section on **sportFIT** Award Scheme (P.175) for details.

(3) sportTAG Award Scheme

Students awarded both a certificate under the **sportACT** scheme and any award under the Badges Award Scheme or other skill assessment awards recognised by the NSAs in a school year will be awarded a **sportTAG** certificate. Please refer to the section on **sportTAG** Award Scheme (P.176) for details.

Students awarded all three certificates under the **sportACT**, **sportFIT** and **sportTAG** Award Schemes in a school year will be granted the **sportEXCEL** Award.

G. Sport Captain Programme

Courses on sports administration and programme planning are organised for secondary school students, parents and teachers to enable them to assist in the organisation of sport activities and competitions at schools.

IV. Venues

Participating schools should, as far as practicable, carry out the activities on their school premises or arrange other venues themselves. They may also apply for use of LCSD facilities such as main arenas and activity rooms of sports centres, squash courts and bowling greens under the Department's Free Use Scheme. Under the scheme, venues will be available for free use by schools from the opening time of the venues to 5:00pm from Monday to Friday (except public holidays and in July and August). For details of the Free Use Scheme, please refer to Appendix II (P.204) or contact the relevant District Leisure Services Offices, the enquiry numbers of which can be found on the LCSD website (<http://www.lcsd.gov.hk>).

The venues for the activities under the Joint Schools Sports Training Programme will be arranged by the LCSD. For sports activities that cannot be carried out in schools due to the lack of suitable venues or facilities, the venues will be arranged by the LCSD or the relevant NSAs.

V. Equipment

For the arrangement of sports gear and equipment, please refer to the prospectuses of the respective sport activities. If necessary, schools may borrow certain sports gear and equipment from the LCSD for a period of three to six months. If the schools wish to continue with the sport after the loan period, they will have to arrange for the gear and equipment with their own resources.

VI. Application

Applications for activities under the SSP other than the Joint Schools Sports Training Programme, the Sport Captain Programme, the Badges Award Scheme and the guided activities are accepted in three phases in each school year. The application deadlines for the three phases are as follows:

Phase	Activity Period	Application Deadline*
I	September 2020 to January 2021	On or before 29 June 2020 (Friday)
II	February to June 2021	On or before 8 November 2020 (Friday)
III	July to August 2021	On or before 10 April 2021 (Friday)

* Late applications will only be entertained as far as practicable. In case of overscription. List of successful applicants shall be determined by ballot.