

**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**  
**(i) Aerobic Gymnastics and Artistic Gymnastics**  
**Prospectus**

Key Information	Type of Activity	Outreach Coaching Programme		
		Sport Demonstration	Non-School Team Training	
	Aerobic Gymnastics	Aerobic Gymnastics	Artistic Gymnastics	Aerobic Gymnastics
Target Participants	Primary and secondary school students			
Outline	<ul style="list-style-type: none"> <li>-Introduction to the history, development and routines of aerobic gymnastics</li> <li>-Introduction to Aerobic Gymnastics Badges Award Scheme</li> <li>-Appreciation of aerobic gymnastics</li> <li>-Demonstration by coaches</li> <li>-Play-in session</li> </ul>	The training outline is designed according to Level 1 to Level 3 contents of the current GAHK Badges Award Scheme.		The training outline is designed according to Level 4 to Level 9 contents of the current GAHK Badges Award Scheme.
Venue	Halls, dance rooms or activity rooms			
Fee	\$420 per session (\$330 for each extended session on the same day)	\$1,500 per course		\$1,950 per course
Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector and screen	Hands-free loudspeaker and DVD player	Bronze and Silver Badges of Elementary Level: 10 floor exercise mats, springboard, vaulting box (5-section) and thick safety mat  Gold Badge of Elementary Level: balance beam, horizontal bar and parallel bars	Hands-free loudspeaker and DVD player

Key Information	Type of Activity	Outreach Coaching Programme		
		Sport Demonstration	Non-School Team Training	
	Aerobic Gymnastics	Aerobic Gymnastics	Artistic Gymnastics	Aerobic Gymnastics
Duration	2 hours per session	6 sessions per course, 2 hours per session (12 hours in total) Schools are recommended to enrol for at least 2 courses as a complete training unit for the same group of students (24 hours in total)		
Estimated No. of Participants per Session/Course	60 (30 per play-in session)	15		
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm			
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 3)	Not applicable
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Outreach Coaching Programme Enrolment Form (P.194)		
How to Enrol	<ol style="list-style-type: none"> <li>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</li> <li>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</li> </ol>			
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes (gymnastic shoes preferred for artistic gymnastics training).</li> <li>3. Upon completion of an artistic gymnastics training course under the Outreach Coaching Programme, an assessment will be conducted by the coach according to Level 1 to Level 3 standards of artistic gymnastics (Bronze, Silver and Gold Badges of Elementary Level). Participants who meet the required standards may obtain the badges and certificates according to their achieved levels from the GAHK at their own cost. Please refer to the “School Sports Programme - Handbook on Gymnastics Badges Award Scheme” for details.</li> </ol>			

Key Information	Type of Activity	Outreach Coaching Programme		
		Sport Demonstration	Non-School Team Training	
	Aerobic Gymnastics	Aerobic Gymnastics	Artistic Gymnastics	Aerobic Gymnastics
	<p>4. Schools are advised to have appropriate accident insurance coverage for participants.</p> <p>5. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school.</p> <p>6. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</p> <p>7. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</p>			
Enquiry Phone No./Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			

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**School Sports Programme – Gymnastics**  
**(ii) Rhythmic Gymnastics**  
**Prospectus**

Key Information \ Type of Activity	Sport Demonstration	Outreach Coaching Programme		Joint Schools Sports Training Programme	
		Non - School Team Training	School Team Training		
Target Participants	Primary and secondary school students	Primary and secondary school girls		Girls of Primary 1 to 5	
Outline	<ul style="list-style-type: none"> <li>- Introduction to rhythmic gymnastics and the Badges Award Scheme</li> <li>- Introduction to development of rhythmic gymnastics in Hong Kong</li> <li>- Rhythmic gymnastics demonstration</li> <li>- Play-in session</li> </ul>	<p>The training outline is designed according to Level 1 contents of the current GAHK Badges Award Scheme.</p> <p>The programme provides proper basic training for students. The programme includes teaching of basic freehand movements and ball techniques.</p>	<p>The training outline is designed according to Level 2 and Level 3 contents of the current GAHK Badges Award Scheme.</p> <p>The training is divided into 4 stages.</p> <p>Stage 1: Difficult freehand movements and rope techniques</p> <p>Stage 2: Difficult freehand routines and hoop techniques</p> <p>Stage 3 &amp; 4: Routines for the Rhythmic Gymnastic Competition under the School Sports Programme.</p>	<p>The training is divided into 4 stages. It is designed according to the contents of Level 2 to Level 6 content of the current GAHK Badges Award Scheme. Coaches will teach more difficult freehand movements, various movements with apparatus and routines suitable for local competitions.</p> <p>At the end of each stage, an assessment will be conducted by coaches for all students. Students with outstanding performance will be invited to attend the Advanced Training Course for skill enhancement training.</p>	
Venue	Halls or covered playgrounds with a floor height of 4 to 6 meters (Outdoor sports venues are not suitable)			Training venue to be arranged by the LCSD	
Fee	\$740 per session (and \$382 for each extended session on the same day)	\$1,500 per course	\$1,950 per course	Joint Schools: \$350 per person	Advanced Training: \$300 per person

Key Information \ Type of Activity	Sport Demonstration	Outreach Coaching Programme		Joint Schools Sports Training Programme	
		Non - School Team Training	School Team Training		
Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector, screen and 10 floor exercise mats	Schools may purchase the equipment for rhythmic gymnastics, including balls, ropes, ribbons and hoops (15 each) and floor exercise mats. [If the required equipment is not available at the schools, they (except floor exercise mats) may be borrowed from the LCSD.]		Not applicable	
Other Equipment	Sport equipment such as balls, ribbons, ropes and hoops (to be provided by the GAHK)	Not applicable			
Duration	2 hours per session	6 sessions per course, 2 hours per session (12 hours in total) Schools are recommended to apply for at least 2 courses as a complete training unit for the same group of students (24 hours in total)		Joint Schools: 11 lessons per course, 2 hours per lesson (22 hours in total)	Advanced Training: 10 lessons per course, 2 hours per lesson (20 hours in total)
Estimated No. of Participants per Session/Course	60 (30 per play-in session)	15		16	18
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm			Please refer to the respective prospectus	
Skill Assessment	Not applicable	Badges Award Scheme (See Points to Note 3)			
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Outreach Coaching Programme Enrolment Form (P.194)		Not applicable	

Key Information	Type of Activity	Outreach Coaching Programme		Joint Schools Sports Training Programme
	Sport Demonstration	Non - School Team Training	School Team Training	
How to Enrol	<p>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</p> <p>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</p>			<p>Students must participate in the Selection Day organised by the GAHK. Students who pass the test with outstanding results will be invited to take part in the Joint School Sports Training Programme. For details, please visit the GAHK website. (<a href="http://www.gahk.org.hk">http://www.gahk.org.hk</a>)</p>
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes (gymnastic shoes preferred).</li> <li>3. Upon completion of a course under the Outreach Coaching Programme or a course under the Joint Schools Sports Training Programme, an assessment will be conducted by the coach according to different badges standards of rhythmic gymnastics. Participants who meet the required standards may obtain the badges and certificates according to their achieved levels from the NSA at their own cost. Please refer to the “School Sports Programme - Handbook on Gymnastics Badges Award Scheme” for details.</li> <li>4. Priority will be given to participants who have participated in rhythmic gymnastics training under the Outreach Coaching Programme between September 2017 and 30 April 2021 to take part in the Rhythmic Gymnastics Competition under the School Sports Programme in 2021. Details will be announced later.</li> <li>5. Schools are advised to have appropriate accident insurance coverage for participants.</li> <li>6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>7. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>			
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**School Sports Programme Gymnastics**

**(iii) Acrobatic Gymnastics**

**Prospectus**

Key Information	Type of Activity	Outreach Coaching Programme	
	Sport Demonstration	Non-School Team Training	School Team Training
Target Participants			
Outline	<ul style="list-style-type: none"> <li>- Introduction to the history, development and routines of acrobatic gymnastics</li> <li>- Introduction to Acrobatic Gymnastics Badges Award Scheme</li> <li>- Appreciation of acrobatic gymnastics</li> <li>- Demonstration by coaches</li> <li>- Play-in session</li> </ul>	The course outline is designed according to Level 1 to Level 3 of the current GAHK Badges Award Scheme.	The course outline is designed according to the requirements of the local Age Group Competition and Open Competition. Routines suitable for local competitions will be covered.
Venue	Halls, dance rooms or activity rooms		
Fee	\$420 per session (\$330 for each extended session on the same day)	\$1,500 per course	\$1,950 per course
Equipment to be provided by the school	Portable loudspeaker, DVD player, computer, computer projector, screen and 10 floor exercise mats	10 floor exercise mats, thick safety mat, portable loudspeaker and DVD player	
Duration	2 hours per session	Each course comprises 6 sessions of, 2 hours each (12 hours in total)  Schools are recommended to enrol the same group of students in at least 2 courses as a complete training unit (24 hours in total)	
Estimated No. of Participants per Session/Course	60 (30 per play-in session)	15	

Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm	
Skill Assessment	Not applicable	Badges Award Scheme
Enrolment Form	Sport Demonstration Enrolment Form (P.180)	Outreach Coaching Programme Enrolment Form (P.194)
How to Enrol	<ol style="list-style-type: none"> <li>1. Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</li> <li>2. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</li> </ol>	
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes (acrobatic shoes are preferred for acrobatic gymnastics training).</li> <li>3. The coach will conduct an assessment for participants of the artistic gymnastics training course under the Outreach Coaching Programme based on the assessment criteria of Acrobatic Gymnastics Level 1 to Level 3 (which are equivalent to the Bronze, Silver and Gold badges of the Elementary Level respectively) before the end of the course. Participants passing the assessment may purchase the badge and certificate from the NSA at their own cost. Please refer to the “School Sports Programme - Handbook on Gymnastics Badges Award Scheme” for details.</li> <li>4. Schools are advised to take out accident insurance for participants as appropriate.</li> <li>5. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>6. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>7. If the NSA/LCSD fails to arrange the activity, the cheque submitted will be returned to the school.</li> </ol>	
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