

**Organised by the Hong Kong Shuttlecock Association (HKSA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme— Shuttlecock**  
**Prospectus**

Key Information \ Type of Activity	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	
			Non-School Team Training	School Team Training
Target Participants	Primary and secondary school students	Primary school students	Primary 4 or above and secondary school students	
Outline	<ul style="list-style-type: none"> <li>– Video show on introduce to shuttlecock</li> <li>– Rules of competition</li> <li>– 4 basic skills (use of inner and outer sides of legs, knee kick and foot arch)</li> <li>– Play-in session</li> </ul>	Training covers the use of palm, hand, knee and leg, various actions, 4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, movement and rules of competition.	4 basic skills (use of inner and outer sides of legs, knee kick and foot arch) and training on how to play in competition including catching and passing, attack and defense, movement, skill improvement, tactics and rules of competition.
Venue	Basketball court or covered playground or school hall		Covered playground or school hall	
Fee	\$400 per session	\$800 per course	\$2,060 per course	\$2,580 per course
Equipment to be provided by the school	30 shuttlecocks, 2 sets of badminton net with net stand, loudspeakers and DVD player, computer, computer projector and screen	30 shuttlecocks and 2 sets of badminton net with net stand	50 shuttlecocks and 2 sets of badminton net with net stand	
	(Shuttlecocks can be purchased from the HKSA.)			
Duration	1.5 hour per session	4 lessons per course, 1.5 hours per lesson (6 hours in total)	8 lessons per course, 2 hours per lesson (16 hours in total)	
Estimated No. of Participants per Session/Course	60-100	30	20	
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm			
Skill	Not applicable	Badges Award Scheme		

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Assessment					
Enrolment Form		Sport Demonstration Enrolment Form (P.180)	Easy Sport Programme Enrolment Form (P.191)	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:applicationsssp@lcsd.gov.hk">applicationsssp@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.</li> <li>3. Upon completion of shuttlecock training course under the Easy Sport Programme or Outreach Coaching Programme, an assessment will be conducted by the coach according to the Gold, Silver and Bronze badges standards of shuttlecock. Participants who meet the required standard may obtain the badges and certificates according to their achieved levels from the NSA at their own cost (\$50 for gold badge, \$30 for silver badges and \$20 for bronze badge). Please refer to the “School Sports Programme – Handbook on Shuttlecock Badges Award Scheme” for details.</li> <li>4. Schools have participated in the shuttlecock training course under Outreach Coaching Programme between September 2013 and December 2020 may take part in “Outreach Coaching Shuttlecock Competition” under the School Sports Programme in March 2021. Details will be announced later.</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, NSA will deduct from the fee for each activity an administrative fee (\$190 per Sport Demonstration; \$380 per training course under the Easy Sport Programme or 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 fees paid will be refunded.</li> </ol>				
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>				