

Organised by the Leisure and Cultural Services Department
Co-organised by The Gymnastics Association of Hong Kong, China (GAHK)
School Sports Programme
Let's Move@Preschool – Gymnastics
Prospectus

Type of Activity Key Information	Sport Demonstration (Gymnastics for All)	Sport Demonstration (Aerobic Gymnastics)
Target Participants	Kindergarten Students (K1-K3)	
Outline	<p>To enhance teachers and students' knowledge of gymnastics by introducing gymnastics and letting students participate in fun, and to convey the benefits of gymnastics to pre-school or kindergarten teachers and students alike.</p> <p>In this activity, the Hong Kong Gymnastics Association of Hong Kong, China (the Association) will send senior coaches to the schools to conduct gymnastics activities based on games, so that pre-school children can experience and learn from it; establish correct concepts about gymnastics; and cultivate the habit of "loving sports".</p>	
Venue	A place suitable for safe use for gymnastics in the school (About 80-100 square metres; larger spaces may be required subject to the number of participants)	
Fee	Free of Charge	
Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector and screen	
Other Sports Equipment	- Balls, rope, ribbons & hoops (to be provided by GAHK)	Not Applicable
Duration	2 hours (to be conducted in 2 sessions of 1 hour each) The duration of each session may be adjusted in light of the actual circumstances.	
Estimated No. of Participants per Session/Course	40 participants in total with 20 participants per session	
Proposed Time of Activity	Monday to Friday: 9 am to 4 pm Saturday: 9 am to 1pm (Other time slot is negotiable.)	
How to Enrol	<ol style="list-style-type: none"> 1. Please submit the completed electronic application form within the enrolment period by email at: applicationsp@lcsd.gov.hk. 2. Please specify the type of sport demonstration, i.e. Gymnastics for All or Aerobic Gymnastics, your school wishes to join in application forms. The Association will make arrangements 	

	based on the preference indicated by your school, as far as possible.
Points to Note	<ol style="list-style-type: none"> 1. Schools must assign either a person-in-charge aged 18 or above or a teacher to oversee the activity. 2. Participants should wear proper sportswear and sports shoes for the activity. 3. If the activity is cancelled by schools on its very day, there will be no rescheduling or make-up sessions. 4. Upon receipt of confirmation letters, the school must contact instructors in advance to co-ordinate the arrangements relating to equipment and venues.
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/tc/ssp/index.html