

Organised by the Leisure and Cultural Services Department (LCSD)
Co-organised by The Hong Kong China Rugby (HKCR)
School Sports Programme
Let's Move@Preschool (幼動樂) – Rugby
Prospectus

Type of Activity	Sport Demonstration
Key Information	
Target Participants	Kindergarten students (K2-K3)
Outline	<p>Non-contact Rugby is the basic training specified by the HKCR for promoting the sport in school. Non-contact Rugby is similar to the conventional Rugby Union – Contact Rugby.</p> <p>This activity will introduce the basic rules and gameplay of non-contact rugby, as well as involve demonstrations of rugby techniques by coaches.</p> <p>This activity aims to enhance students' interest in the sport and encourage their active participation by means of various games and group activities suitable for young children, which are all designed based on the fundamental concepts of non-contact rugby. Students will be taught in a light-heart, fun way on how to pass, catch, dribble, as well as defend. Demonstration sessions will be provided as an aid for students to master such rugby skills more easily. Students will be encouraged to get more practice through competitions and field activities, thereby receiving training, while improving their physical coordination and reaction.</p> <p>In addition, the conduct of the games and group activities also attaches importance to friendly competitions, with a view to promoting the spirit of teamwork. For instance, such activities include simple passing relays, where students are required to form teams and work together to complete tasks, which will not only increase their individual sporting skills but also enhance friendships and foster the spirit of cooperation.</p>
Venue	Outdoor basketball court or covered playground or hall in school
Fee	Free
Equipment to be provided by the school	N.A.
Other Sport Equipment	Rugby and others equipment

	(To be provided by the HKCR)
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. (The school must assign students from different classes to participate in one of the sub-sessions.)
Estimated No. of Participants per Session/Course	40 (20 per play-in session)
Proposed Time of Activity	Monday to Saturday: 9:00 am to 6:00 pm
How to Enrol	Please send the completed electronic application form to the LCSD by email (applicationssp@lcsd.gov.hk) before the specified date.
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.
Enquiry No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html