

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Boxing – Prospectus

Type of Activity Key Information	Sport Demonstration	Easy Sport Programme
Target Participants	Students with Hearing Impairment/ Mild or Moderate Grade Intellectual Disability/Physical Disability	
	Primary 4 or above and Secondary Students	
Outline	<ul style="list-style-type: none"> • Introduction to boxing • Introduction to the equipment, and safety rules • Basic skills demonstration • Play-in session 	<ul style="list-style-type: none"> • Introduction to the background and development of boxing • Overview of the rules • Basic boxing stances (guard position, jab, straight punch, footwork etc.) • Hand coordination and reaction training
Venue Requirements	Indoor venue	
Fee	Free	
Equipment to be provided by NSAs	Boxing target pads, boxing hand wraps and electronic virtual sports equipment	
Equipment to be provided by School	Headset microphones, computer, television or projector and screen	
Clothing of Participants	Sportswear and sports shoes	
Duration	2 hours per session	At least 2 to 4 sessions; At least 2 hours per session
Estimated No. of Participants per Session	20	20
Proposed Date/ Time of Activity	Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm	
Enrolment Form	Sport Demonstration – General Sport Enrolment Form	Easy Sport Programme – General Sport Enrolment Form
How to Enrol	Please submit the completed e-form before the deadline (please refer to “Application” (P.3-4) of this Guide for the dates) by email at: applicationsp@lcsd.gov.hk .	
Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and socks. 3. 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. 4. The actual teaching content will be properly adjusted in accordance with participants’ capabilities. 5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. 	
Enquiry No./ Website	2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html	