

Index of Activities

	Type of Sport	Target Participants			
		Schools for Hearing Impairment	Schools for Intellectual Disability	Schools for Physical Disability	Schools for Visual Impairment
1.	Badminton (for Hearing Impairment)	✓			
2.	Body-Mind Stretch	✓	✓	✓	✓
3.	Boxing	✓	✓	✓	
4.	Chair Stretching	✓	✓	✓	✓
5.	Duathlon	✓	✓	✓	✓
6.	Fitness Exercise	✓	✓	✓	✓
7.	Golf	✓	✓		
8.	Gymnastics for All	✓	✓	✓	
9.	Handball*	✓	✓	✓	
10.	Indoor Para-Rowing	✓	✓	✓	✓
11.	Physical Fitness	✓	✓	✓	✓
12.	Rhythmic Fitness Movement		✓	✓	✓
13.	Rhythmic Gymnastics*		✓		
14.	Rugby	✓	✓		
15.	Tennis/Mini Tennis	✓	✓	✓	
16.	Tenpin Bowling (for Hearing Impairment)	✓			
17.	Guided Visit to Sports Venues <ul style="list-style-type: none"> ● Chong Hing Water Sports Centre (Play-in session: sailing/ windsurfing/ canoeing activities on land based simulators) ● Hong Kong Stadium ● Hong Kong Velodrome (Play-in session: track cycling simulators) ● Sports Centres ● Tuen Mun Recreation and Sports Centre (Play-in session: golf/ archery) 	✓	✓	✓	✓

● For any enquiries about the Hospital Schools or School for Social Development, please contact 2601 7602.

Note: * Newly introduced items

Index of Activities

Other Recreation Activities		Duration	Estimated number of participants per session (including accompany carers)
1.	Day Camp	Details refer to P.28	48
2.	Hiking	Details refer to P.30-P.36	24

Guided Visits to Sports Venues		Duration	Estimated number of participants per session (including accompany carers)	
1.	Visit to Chong Hing Water Sports Centre	2.5 hours	48	
2.	Visit to Hong Kong Stadium	1 hour	48	
3.	Visit to Hong Kong Velodrome	Activity A	2.5 hours	40
		Activity B	2 hours	40
4.	Visit to Sports Centre	1.5 hours	24	
5.	Visit to Tuen Mun Recreation and Sports Centre	2 hours	48	

Sport Exhibitions			Note
1.	V*	How to Make an Exercise Plan	Details refer to P.37
2.	W	Sports and Health, Functions of Sports, Sports and Nutrition, and Sports Injury	
3.	X	Sports and Water (Special School)	
4.	Y	The Knowledge of Physical Fitness	
5.	Z	Introduction of Sports Activities under School Sports Programme (Special School)	

Note: * Newly introduced items