

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Body-Mind Stretch – Prospectus

Type of Activity Key Information	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
Target Participants	Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment		
Outline	<ul style="list-style-type: none"> • Introduction to body-mind stretching movements • Demonstration and play-in session 	<ul style="list-style-type: none"> • Introduction to body structures and functions • Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility • Muscle strength, core stability and body balance training 	<ul style="list-style-type: none"> • Introduction to body structures and functions • Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility • Muscle strength, core stability and body balance training • Aerobic exercise training • Body coordination training
Venue Requirements	Indoor or covered venue		
Fee	Free		
Equipment to be provided by NSAs	Not Applicable		
Equipment to be provided by School	Small fitness balls (if any) and fitness mats		
Clothing of Participants	Sportswear and sports shoes		
Duration	2 hours per session	2 to 4 sessions; 2 hours per session	5 to 8 sessions; 2 hours per session
Estimated No. of Participants per Session	30		
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	Sports Experience Programme – General Sport Enrolment Form	Outreach Coaching Programme – General Sport Enrolment Form
How to Enrol	Please submit the completed e-form before the deadline (please refer to “Application” (P.4-5) of this Guide for the dates) by email at: applicationssp@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 sports shoes. 3. If a school requests cancellation of an activity prior to its scheduled date, but the LCSDD and the relevant NSA(s) have already arranged a coach, rescheduling may not be possible. If a school cancels a sport demonstration on the day of the event, no rescheduling or make-up sessions will be arranged. 4. The actual teaching content will be properly adjusted in accordance with 		

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Key Information	participants' capabilities. 5. The school must arrange staff to maintain order to ensure smooth conduct of the activity. 6. 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		