

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

Type of Activity	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
Key Information			
Target Participants	Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment		
Outline	<ul style="list-style-type: none"> <li>• Introduction to Fitness Exercise</li> <li>• Demonstration and play-in session</li> </ul>	<ul style="list-style-type: none"> <li>• To strengthening various muscles groups and lower the risk of injuries through fitness and aerobic exercises</li> <li>• To enhance quality of life and functional abilities</li> <li>• To improve cardiopulmonary functions</li> </ul>	
Venue Requirements	Indoor or covered venue		
Fee	Free		
Equipment to be provided by NSAs	Not Applicable		
Equipment to be provided by School	Not Applicable		
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	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	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: <a href="mailto:applicationsp@lcsd.gov.hk">applicationsp@lcsd.gov.hk</a> .		
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes.</li> <li>3. If a school requests cancellation of an activity prior to its scheduled date, but the LCS D 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.</li> <li>4. The actual teaching content will be properly adjusted in accordance with participants’ capabilities.</li> <li>5. The school must arrange staff to maintain order to ensure smooth conduct of the activity.</li> <li>6. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities.</li> </ol>		
Enquiry No./ Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html">www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html</a>		