

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

Type of Activity	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
Key Information			
Target Participants	Students with Hearing Impairment/Intellectual Disability/ Physical Disability		
Outline	<ul style="list-style-type: none"> • Introduction to Gymnastics for All • Introduction to the light equipment and safety rules • Demonstration and play-in session 	<ul style="list-style-type: none"> • Basic movement training • Use of light equipment 	<ul style="list-style-type: none"> • Basic movement training • Use of light equipment • Movement with music • Learning of team work, performance
Venue Requirements	Indoor activity room or hall		
Fee	Free		
Equipment to be provided by NSAs	10 each of rhythmic gymnastics balls, ribbons, scarves and hoops		
Equipment to be provided by School	Not Applicable		
Clothing of Participants	Sportswear and sport shoes		
Duration	2 hours per session	2 to 4 sessions; 2 hours per session	6 to 8 sessions; 2 hours per session
Estimated No. of Participants per Session	15 – 20		
Proposed Date/ Time of Activity	Monday to Friday: 9 am to 4 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 LCSD 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 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		