

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Physical Fitness – 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 Physical requirements: Basic lower limb mobility, able to stand and walk | | |
| Outline | <ul style="list-style-type: none"> • Introduction to fitness games • Demonstration and play-in session | <ul style="list-style-type: none"> • To train body stability and co-ordination ability through different forms of fitness games to improve balance, body co-ordination and agility • Enhancing the quality of life and functional abilities | |
| Venue Requirements | Indoor or covered venue | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Chairs, balance boards, mini hurdles, speed ladders (if any) | | |
| 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 | 10 | | |
| 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 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. 4. The actual teaching content will be properly adjusted in accordance with 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 | | |