

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

Type of Activity	Sport Demonstration	Sports Experience Programme	Outreach Coaching Programme
Key Information			
Target Participants	Students with Intellectual Disability/Physical Disability/Visual Impairment Physical requirements: Basic upper limb mobility, ability to hold light objects with one hand or both hands and with normal hearing.		
Outline	<ul style="list-style-type: none"> • Introduction to fitness movements • Demonstration and play-in session 	<ul style="list-style-type: none"> • Following the rhythm of music, participants will perform fitness movements rhythmically in a continuous effort to train the flexibility of major joints and muscular endurance • Enhancing quality of life and functional abilities • Cardiorespiratory functions will also be improved 	
Venue Requirements	Indoor venue (available of using rainbow umbrella)		
Fee	Free		
Equipment to be provided by NSAs	Rainbow umbrella		
Equipment to be provided by School	Chairs, big or small fitness balls, beanbags, etc. (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: applicationsp@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. The school must arrange staff to maintain order to ensure smooth conduct of the activity. 		
Enquiry No./ Website	2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html		