

# School Sports Programme (Special School)—Application Guide 2026/27

## Table of Contents

<b>I. Table of Contents</b> .....	1-2
<b>II. Introduction</b> .....	3-7
<b>III. Index of Activities</b> .....	8-9
<b>IV. Prospectus</b>	
(1) Badminton (for Hearing Impairment).....	10
(2) Body-Mind Stretch .....	11-12
(3) Boxing .....	13
(4) Chair Stretching.....	14
(5) Duathlon .....	15-16
(6) Fitness Exercise .....	17
(7) Golf.....	18
(8) Gymnastics for All.....	19
(9) Handball .....	20
(10) Indoor Para-Rowing .....	21
(11) Physical Fitness .....	22
(12) Rhythmic Fitness Movement.....	23
(13) Rhythmic Gymnastics .....	24
(14) Rugby .....	25
(15) Tennis/Mini-Tennis.....	26
(16) Tenpin Bowling (for Hearing Impairment) .....	27
(17) Sport Education Programme — Day Camp .....	28
(18) Sport Education Programme — Guided Visits to Sports Venues.....	29
(19) Sport Education Programme — Hiking .....	30-36
(20) Sport Education Programme — Sport Exhibition .....	37
<b>V. Enrolment Forms</b>	
(1) Sport Demonstration — General Sport .....	38-39
(2) Sports Experience Programme — General Sport.....	40-41
(3) Outreach Coaching Programme — General Sport .....	42-43
(4) Sport Education Programme — Day Camp .....	44-45
(5) Sport Education Programme — Guided Visits to Sports Venues.....	46-47
(6) Sport Education Programme — Hiking .....	48-49
(7) Sport Education Programme — Sport Exhibition .....	50-51

<b>Appendix I</b>	<b>Free Use Scheme for Schools .....</b>	<b>52</b>
<b>Appendix II</b>	<b>Arrangements for School Sports Activities under Inclement Weather Conditions .....</b>	<b>53</b>
<b>Appendix III</b>	<b>Arrangements for School Sports Activities corresponding to Air Quality Health Index .....</b>	<b>54</b>
<b>Appendix IV</b>	<b>Course Assessment Questionnaire .....</b>	<b>55-56</b>
<b>Appendix V</b>	<b>Conflict of Interest Declaration Form Template .....</b>	<b>57</b>