

Organised by the Leisure and Cultural Services Department

Co-organised by the Education Bureau and the Physical Fitness Association of Hong Kong, China

Supported by the Department of Health

School Sports Programme
2021/22 iSmart Fitness Scheme
《 Prospectus 》

1. **Background:** The Leisure and Cultural Services Department (LCSD) has launched the iSmart Fitness Scheme (the Scheme) since the 2013/14 school year with a view to providing more opportunities for students to participate in sports, encouraging students to participate in sports regularly and establish a healthy lifestyle, and enhancing parents' awareness of the health of their children. The Scheme is organised by the LCSD and co-organised by the Education Bureau and the Physical Fitness Association of Hong Kong, China with the support of the Department of Health.

2. **Objectives:**
 - i. Activities such as sports training programmes are organised to increase the interest of exercise-deficient or overweight/underweight students in physical activities, enhance their physical activity level, and encourage them to develop a habit of regular participation in physical activities; and
 - ii. Health seminars and physical fitness tests for students are held to enhance parents' awareness of the health of their children.

3. **Target:** Students of Primary 1 to 6 who are **exercise-deficient or overweight/underweight**.

4. **Quota:** A total of 28 quotas are available for primary schools and 30 students per school.

(Priority will be given to first-time applicants. The quotas will be allocated by ballot if the number of applications exceeds that of quotas.)

5. **Sport Training:**
- i. Participating schools are required to choose about 4 to 6 of the designated sports for conducting a total of about 40 to 48 hours of training, with each session lasting 2 hours; and
 - ii. Schools should make their own arrangements for training venues. Please discuss with the LCSD if adjustment of training timetable is required due to difficulties in venue arrangement.

(Remark: In order to achieve the desired training effects, it is recommended that students of participating schools should attend sports training at least twice a week.)

6. **Fee:** Free

7. **Content:** The Scheme will run in 4 stages from September 2021 to May 2022:

Stage 1: Pre-training Physical Fitness Test (Pre-test)	September to October 2021	Before the start of the sports training programmes, the teachers-in-charge should fix the dates for coaches of the <u>HKPFA</u> to conduct physical fitness tests for students in schools. The test records will be provided to schools for their reference and submitted to the LCSD for assessment of the effectiveness of the training programmes.
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<p>Stage 2: Parents’ Seminar</p>	<p>September or October 2021</p>	<p>All participating students and their parents are welcome to attend the “Parents’ Seminar” in which representatives from the Department of Health will talk about health knowledge and physical activities. There will also be different sports demonstrations and participation sessions on the same day.</p>
<p>Stage 3: Sports Training Programmes</p>	<p>September 2021 to April 2022</p>	<p>Schools are required to choose 4 to 6 out of 18 designated sports for students, who will then undergo about 40 to 48 hours of sports training. The sports for the 2021/22 school year include rope skipping, physical fitness, wushu, handball, football, squash, baseball, basketball, dancesport, dragon dance, rugby, table tennis, mini tennis, bowling, shuttlecock, gateball, lawn bowls and dodge disc.</p>
<p>Stage 4: Post-training Physical Fitness Test (post-test)</p>	<p>May 2022</p>	<p>After completion of the sports training programmes, the teachers-in-charge should fix the dates for coaches of the HKPFA to conduct fitness tests for students in schools. The test records will be provided to schools for their reference and submitted to the LCSD for assessment of the effectiveness of the training programmes.</p>

Remarks:

Activity arrangements (including activity content and number of participants) will be planned according to the prevailing guidelines and disease prevention measures of the Education Bureau and the Centre for Health Protection, and are subject to the latest requirements of the relevant regulations including the Prevention and Control of Disease (Requirements and Directions) (Business and Premises) Regulation (Cap. 599F), the Prevention and Control of Disease (Prohibition on Group Gathering) Regulation (Cap. 599G) and the Prevention and Control of Disease (Wearing of Mask) Regulation (Cap. 599I). Hence, the LCSD will adjust the content of the activities, number of participants and instructor-to-participant ratio from time to time in accordance with the above guidelines, regulations, etc. Activities (including but not limited to the pre-training and post-training fitness tests, seminars for parents and sports training programmes) may be subject to special arrangements or cancelled in a timely manner if necessary.

8. **Programme Assessment:**
- i. Coaches of the HKPFA will conduct fitness tests for students in schools before and after the programme according to the dates provided by schools. Schools must provide equipment required for the fitness tests (Test items: height and weight checking, handgrip strength test, sit and reach test and standing long jump test.)
 - ii. The LCSD will conduct regular school visits during the programme period to understand the implementation progress; and
 - iii. Questionnaires will be distributed after the completion of the programme to collect stakeholders' opinions for further enhancement of the programme.

9. **Awards:**
- i. Students who complete the pre-test and post-test and have an attendance rate of 80% will be awarded a certificate of attendance; and
 - ii. A souvenir will be presented to students with improvement in the post-test as compared to the pre-test.
10. **Note on Application:** School interested in taking part in the Scheme should complete and return the Application Form (*Appendix III*) by facsimile to School Sports Programme Unit, LCSD (Fax no.: 2684 9076)
11. **Enrolment Date:** On or before 10 June 2021 (Thursday)
12. **Enrolment Ballot:**
- i. In case of overscription, the ballot will be held by LCSD at the Leisure and Cultural Services Headquarters (1/F, Lobby) at 3:00 pm on 15 June 2021 (Tuesday). As the ballot may be affected by the prevailing disease prevention measures, schools should contact Mr. FUNG at 2601 7611 on or before 14 June 2021 (Monday) for arrangement if they wish to send representative(s) to attend the ballot;
 - ii. Schools allocated with placed will be informed by e-mail or fax on or before 22 June 2021 (Tuesday), while unsuccessful ones will not be notified.
13. **Enquiries:** For enquiries, please contact Mr. Eric FUNG at 2601 7611.
14. **Remarks:**
- i. In case of any inadequacy in this Prospectus, the Organiser reserves the right to amend it any time without further notice; and
 - ii. The information provided by the applicant will only be used by the LCSD for the purposes of enrolment in School Sports Programmes, announcement of the balloting result, compilation of statistics, future contact and opinion survey. Only officers who are authorised by the LCSD may access such information. For correction of or enquiries about the personal data submitted, please contact the staff of the School Sports Programme Unit of the LCSD (Tel. no.: 2601 7602).