

Index of Activities

Types and Sports Choice Available in School Sports Programme

Item	Programmes  Sports		Primary School				Secondary School				
			Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme	Sport Captain Programme
1	Archery		✓	-	✓	-	✓	-	✓	-	-
2	Athletics		✓	✓	-	*✓	✓	-	-	*✓	✓
3	Badminton		@✓	*✓	*✓	-	@✓	-	*✓	-	✓
4	Baseball		✓	*✓	*✓	-	✓	-	*✓	-	-
5	Basketball		✓	*✓	✓	✓	✓	-	✓	✓	✓
6	Billiard		✓	-	✓	-	✓	-	✓	-	-
7	Bodybuilding		-	-	-	-	✓	-	*✓	-	-
8	Boxing		-	✓	-	-	✓	-	✓	-	-
9	Canoe		-	*✓	-	-	-	*✓	**✓	-	-
10	Cricket		✓	*✓	*✓	-	✓	-	*✓	-	-
11	Cycling	Cycling	✓	*✓	*✓	✓	✓	-	*✓	✓	-
		Bicycle moto cross(BMX)	✓	-	✓	-	✓	-	✓	-	-
		Track Cycling	✓	-	-	-	✓	-	#✓	✓	-
12	DanceSport		✓	*✓	✓	-	✓	*✓	✓	-	-
13	Dragon Boat		✓	-	-	-	✓	-	**✓	**✓	✓
14	Dragon Dance and Lion Dance	Lion Dance	✓	✓	-	-	✓	-	-	-	-
		Dragon Dance	-	*✓	*✓	-	-	-	-	-	-
15	Fencing		✓	*✓	*✓	-	✓	-	*✓	-	✓
16	Flying Disc		✓	✓	✓	-	✓	✓	✓	-	-
17	Football		-	-	✓	-	-	-	✓	-	✓
18	Gateball		✓	✓	*✓	-	✓	-	*✓	-	-
19	Golf		✓	-	-	-	✓	-	-	-	-
20	Gymnastics	Aerobic Gymnastics	✓	-	*✓	-	✓	-	*✓	-	-
		Artistic Gymnastics	-	-	*✓	-	-	-	*✓	-	-
		Rhythmic Gymnastics	✓	-	*✓	**✓	✓	-	*✓	-	-
		Acrobatic Gymnastics	✓	-	*✓	-	✓	-	*✓	-	-
21	Handball	Handball	✓	✓	✓	-	✓	-	✓	-	✓
		Beach Handball	✓	✓	✓	-	✓	-	✓	-	-

Item	Programmes  Sports		Primary School				Secondary School				
			Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme	Sport Demonstration	Easy Sport Programme	Outreach Coaching Programme	Joint Schools Sports Training Programme	Sport Captain Programme
22	Hockey		✓	✓	✓	-	✓	-	✓	-	-
23	Judo		✓	-	✓	-	✓	-	✓	-	-
24	Karatedo		✓	✓	-	-	✓	✓	-	-	-
25	Karting		✓	-	-	-	✓	-	-	-	-
26	Kendo		✓	-	-	-	✓	-	-	-	-
27	Korfball		✓	*✓	*✓	-	✓	-	*✓	-	-
28	Lacrosse		✓	*✓	*✓	-	✓	-	*✓	-	-
29	Lawn Bowls		✓	✓	✓	-	✓	-	✓	-	-
30	Life Saving		✓	-	-	-	✓	-	*✓	-	-
31	Mountaineering and Climbing	Sport Climbing	✓	✓	**✓	-	✓	-	**✓	-	-
		Mountain Craft	✓	-	-	-	✓	-	✓	-	-
32	Muay Thai		✓	-	✓	-	✓	-	✓	-	-
33	Netball		✓	*✓	-	-	✓	-	*✓	-	-
34	Orienteering		✓	✓	✓	✓	✓	✓	✓	✓	-
35	Rowing		✓	-	#✓	✓	✓	-	*✓	#✓	-
36	Rugby		✓	*✓	-	-	✓	-	*✓	✓	-
37	Sailing		✓	-	-	-	✓	-	-	-	-
38	Shuttlecock		✓	*✓	*✓	-	✓	-	*✓	-	-
39	Skateboarding		✓	-	-	-	✓	-	-	-	-
40	Softball		✓	✓	-	-	✓	-	-	-	-
41	Squash		✓	✓	✓	✓	✓	-	✓	✓	-
42	Table Tennis		-	-	#✓	-	-	-	#✓	-	✓
43	Taekwondo		✓	-	✓	-	✓	-	✓	-	-
44	Tennis		✓	*✓	*✓	*✓	✓	-	*✓	-	-
45	Tenpin Bowling		✓	-	✓	-	✓	-	✓	-	✓
46	Triathlon		✓	*✓	✓	-	✓	-	✓	-	-
47	Volleyball	Volleyball	-	✓	-	-	-	-	*✓	#✓	✓
		Beach Volleyball	-	-	-	-	✓	-	✓	✓	-
		Volleyball	-	-	-	-	✓	-	✓	✓	-
48	Weightlifting and Powerlifting		-	-	-	-	✓	-	✓	-	-
49	Windsurfing		✓	-	-	#✓	✓	-	#✓	#✓	-
50	Wushu		✓	-	**✓	-	✓	-	**✓	-	-

- Notes:
1. Badges Award Scheme is available for activities marked with \*
  2. Progressive training courses are available for activities marked with #
  3. AirBadminton marked with @

### Index to Activities

#### Activities under the Sport Education Programme:

Activity	Option	Speakers	Note
Guided Visits to Sports Venues	1. Hong Kong Velodrome	Not Applicable	The school shall arrange for its own transportation to and from the venue.  Details refer to P.174
	2. Tuen Mun Recreation and Sports Centre		
	3. LCSD Water Sports Centres:		
	– The Jockey Club Wong Shek Water Sports Centre – St. Stephen’s Beach Water Sports Centre – Stanley Main Beach Water Sports Centre		
Sport Exhibitions	Set A : Sports and Health, The Value of Sports, Sports and Nutrition, and Sports Injury	Not Applicable	Details refer to P.176
	Set B : Sports and Multiple Intelligence Development, and Sports and Stress Management		
	Set C : Sports and Self-understanding, and Sports and Weight Management		
	Set D : The Knowledge of Physical Fitness		
	Set E : The Introduction of Sports Award Schemes		
	Set F Sports and Water		
Sport Talks	1. The Value of Sports	Students from the Department of Sports Science and Physical Education of the CUHK	Details refer to P.177
	2. Sports and Nutrition		
	3. Sports and Health		
	4. Sports Injury		
	5. Sports and Science		
	6. Sports and Water		
	7. Sports and Stress Management	Students from the Department of Sport, Physical Education and Health of the HKBU	
	8. Sports and Multiple Intelligence Development		
	9. Sports and Self-understanding		
	10. Sports and Weight Management		
	11. Sports in Life		
	12. How should we draw up Exercise Plan		