

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
2023/24 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 their regular participation in sports; fostering a healthy lifestyle among them; as well as enhancing parents' awareness of their children's health. The Scheme is hosted by the LCSD and co-organised by the Education Bureau (EDB) and the Physical Fitness Association of Hong Kong, China (HKPFA), with support from the Department of Health (DH).

2. **Objectives:**
 - (i) Activities such as sports training programmes are organised to further arouse the interest of those exercise-deficient or overweight/underweight students to do physical activity, enhance their physical activity level, and encourage them to develop a habit of regular participation in physical activities; and
 - (ii) The seminar on health and physical fitness tests for students are conducted to enhance parents' awareness of their children's health.

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

4. Quota: A total of 28 quotas, each catering for 30 students, are available for primary schools.
Priority will be given to first-time applicants. The quotas will be allocated by ballot in case of oversubscription.

5. Sport Training: (i) Students are required to participate in all the Fundamental Items;
(ii) Students are required to participate in all the Designated Sports, in addition to 2 to 4 Optional Sports, for a maximum of 48 training hours in total; and
(iii) Schools should arrange their own training venues. They should approach and discuss with the LCSD if adjustment of the training schedules is required due to difficulties in arranging venues.

(To achieve the desired training outcomes, students of participating schools are recommended to attend sports training sessions at least twice a week.)

6. Fee: It is free to join.

7. Description: The Scheme will be rolled out in four phases from September 2023 to May 2024.

Stage 1: Pre-training Physical Fitness Test (Pre-test)	September to October 2023	Before commencement of the sports training programmes, the teachers-in-charge should fix the dates for coaches of the HKPFA to conduct physical fitness tests for students in schools. The pre-test records will be provided to schools for reference and submitted to the LCSD for assessing effectiveness of the training programmes.
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<p>Stage 2: Parents and Students' Seminar</p>	<p>October 2023</p>	<p>All participating students and their parents should attend the Parents and Students' Seminar, in which the DH representative will brief the attendees on health issues and physical activities. There will also be various sports demonstrations and activities on the same day.</p>
<p>Stage 3: Sports Training Programmes</p>	<p>September 2023 to April 2024</p>	<p>Students are required to participate in all the Fundamental Items and the Designated Sports, in addition to 2 to 4 Optional Sports, for a maximum of 48 training hours for the sports training courses in total. The sports training courses for the 2023/24 school year comprise Designated Sports, namely rope skipping and physical fitness, and various Optional Sports, covering baseball, basketball, dancesport, dodge disc, dragon dance, football, gateball, handball, lawn bowls, mini tennis, rugby, shuttlecock, squash, table tennis, tenpin bowling and wushu.</p>
<p>Stage 4: Post-training Physical Fitness Test (Post-test)</p>	<p>May 2024</p>	<p>Upon completion of the sports training programmes, the teachers-in-charge should liaise with coaches of the HKPFA to conduct physical fitness tests for students in schools. The post-test records will be provided to schools for reference and submitted to the LCSD for assessing effectiveness of the training programmes.</p>

8. Assessment:
- (i) Coaches of the HKPFA will conduct physical fitness tests for students in schools before and after the training courses on the dates given by schools. Schools must provide the equipment required for such physical fitness tests (Test items: height and weight measurement, handgrip strength, sit and reach, and standing long jump);
 - (ii) The LCSD will conduct regular school visits during the training courses to keep abreast of the implementation progress; and
 - (iii) Questionnaires will be distributed to schools after the training courses to gauge their views for further refinement.
9. Awards:
- (i) Students who complete the pre-test and post-test and have an attendance rate of 80% in sports training will be awarded a certificate of attendance;
 - (ii) An incentive souvenir will be presented to students with improvement in the post-test as compared to the pre-test; and
 - (iii) Upon completion of the whole Scheme, based on the records of fitness tracker watches uploaded by participating students as at 5 June 2024, those top 5 students reaching 8 000 steps daily on average and with the most training hours of moderate to vigorous physical activity will obtain the Award of Outstanding Performance. In addition, the school with the highest participation rate among students will be presented the Award of Positive Participation.
10. Notes for Applicants:
- Schools wishing to join the Scheme should complete and return the enclosed Application Form (**Enclosure III**) by fax on 2684 9076 to the School Sports Programme Unit of the LCSD.
11. Application Period:
- On or before 9 June 2023 (Friday)

12. Ballot:
- (i) In case of oversubscription, a ballot will be conducted in the lobby on 1/F of the Leisure and Cultural Services Headquarters at 3:00 p.m. on 16 June 2023 (Friday); and
 - (ii) Schools allocated with a quota will be notified in writing on or before 21 June 2023 (Wednesday). No separate notifications will be issued to unsuccessful applicants.
13. Enquiries: Please contact Mr Eric FUNG, the staff of the School Sports Programme Unit of the LCSD on 2601 7611.
14. Remarks:
- (i) In case of any inadequacy in this Prospectus, the LCSD reserves the right to make any amendment as appropriate any time without further notice; and
 - (ii) The information provided by applicants will only be used by the LCSD for the purposes of enrolment in the Scheme, announcement of the balloting result, compilation of statistics, future contact and conduct of feedback surveys. Only officers who are authorised by the LCSD may have access to 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 on 2601 7602.

**School Sports Programme
2023/24 iSmart Fitness Scheme
List of Activities**

Enclosure II

Sports	Hours per Session	No. of Session	Total No. of Hours
I. Fundamental Items (excluded from total training hours)			
<u>Before commencement of each Sports Training Course</u>			
Fitness Walking ^(Note 1)	2	1	N.A.
Physical Fitness Test (Pre-test) ^(Note 2)	2	1	N.A.
<u>After commencement of each Sports Training Course</u>			
Physical Fitness Test (Post-test) ^(Note 2)	2	1	N.A.
II. Sports Training Courses ^(Note 3)			
<u>Designated Sports</u> ^(Note 3)			
Physical Fitness	2	6	12
Rope Skipping	2	6	12
<u>Optional Sports</u> (Schools are free to select the sports training courses as appropriate)			
Football	2	6	12
Handball	2	6	12
Squash	2	6	12
Wushu	2	6	12
Basketball	2	5	10
Dancesport	2	5	10
Dodge Disc	2	5	10
Dragon Dance	2	5	10
Mini Tennis	2	5	10
Rugby	2	5	10
Table Tennis	2	5	10
Tenpin Bowling	2	5	10
Baseball	2	3	6
Shuttlecock	2	3	6
Gateball	2	2	4
Lawn Bowls	2	2	4

Notes:

1. Fitness walking is part of fundamental training, which commences at the beginning of the school year (i.e. from September to early October).
2. Schools are required to fix the dates for coaches of the HKPFA to conduct physical fitness tests for students at schools.
3. The sports training courses comprise the Designated and Optional sports. Schools are invited to select 2 to 4 Optional Sports in light of the facilities of the campuses and based on students' preferences.
4. Schools are recommended to arrange sports training on fixed dates and times, preferably **at least twice** weekly.