

24 March 2016

For discussion

**Legislative Council Panel on Home Affairs
Sports Development Programmes for Young People**

Purpose

This paper briefs Members on the latest situation of the programmes to encourage young people to participate in sport.

Background

2. It is undisputable fact that physical activities and sports can improve the overall quality of life, promoting community sport is therefore one of the three major objectives of the Government's policy for development of sport. By promoting sport in the community, we encourage more people to regularly participate in sporting activities, in order to build a sporting culture. At present, the Government, schools, the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC), the Hong Kong Sports Institute (HKSI), the "national sports associations" (NSAs) and other sports organisations are involved in a wide range of sports promotion and development programmes at different levels, so that young people in Hong Kong can do physical training, have a balanced physical and mental development, and form the habit of regular exercises; and at the same time allowing young people who have potential to develop their sports talent, to become junior athletes, and to strive for excellence.

Sports in Schools

3. "Developing a healthy lifestyle" is one of the seven learning goals in the school curriculum. Other than the Physical Education (PE) lessons, the Education Bureau (EDB) allow students to acquire knowledge, skills and attitudes through different subjects and a life-wide learning approach, which help them to build healthy lifestyle and habits, including regular participation in physical activities. In the PE curriculum, students are encouraged to do more exercises for developing an active and healthy lifestyle. Different

measures are adopted to encourage schools to build a sporting culture in a whole school approach.

4. PE lessons occupy 5% - 8% of the total curriculum time (around 80 to 120 minutes per week) for primary level and junior secondary level, and at least 5% of the total curriculum time (around 80 minutes per week) for senior secondary level. Such arrangement is based on thorough consideration of balancing the learning needs in different learning aspects, and is widely recognised by the education sector. In 2013, EDB issued a circular letter reminding the schools to allocate appropriate time for PE lesson. EDB has monitored the implementation of PE lessons in schools by conducting curriculum visits, focused inspections and external school reviews. If inadequacies are found in the lesson time of PE lessons, EDB would remind the school to rectify the arrangements concerned. The implementation of PE curriculum is not confined to lessons, schools can organise different sports-related activities after class, which can motivate students to engage more in sports, enhance their interests and develop a habit of active participation.

5. The Hong Kong Schools Sports Federation (HKSSF) is one of the main stakeholders in promoting sporting activities for youth, and is also one of the sports organisations subsidised by the Leisure and Cultural Services Department (LCSD). Over 95% of the schools in Hong Kong are registered members of the HKSSF. The HKSSF's work include organising inter-primary school or inter-secondary school sport competitions, Jing Ying, Inter-port as well as international school sports competitions, covering over 20 sports¹. The HKSSF also collaborates with NSAs and establishes a system of athletes training to raise the standard and performance of the student representatives in Interport, Asian and World competitions, which is an important element of nurturing young athletes. Despite the recent decline in the overall number of students in Hong Kong, the percentage of students registered with the HKSSF has been increasing steadily. In the 2015-16 school year, the number of students registered with the HKSSF is more than 125 000, representing 18% of all students in Hong Kong, a 2% increase as compared to five years ago.

¹ Sporting events being organised for secondary schools: Archery, Athletics, Badminton, Basketball, Beach Volleyball, Cross-Country, Fencing, Football, Girls Football, Gymnastics, Handball, Hockey, Indoor Rowing, Life Saving, Netball, Rugby, Rugby Sevens, Softball, Squash, Swimming, Table Tennis, Tennis, Tenpin Bowling, Volleyball.

Sporting events being organised for primary schools : Athletics, Badminton, Basketball, Fencing, Football, 5-a-side Football, 5-a-side Handball, Games, Gymnastics, Squash, Swimming, Table Tennis, Volleyball.

School Sports Programme

6. Since 2001, LCSD has implemented the School Sports Programme (SSP) for students of primary, secondary and special schools. The SSP, being organised by the NSAs, subvented and coordinated by the LCSD, aims to develop the interests of students in sport, encourage them to participate in sport regularly, raise the standard of sport performance among students and identify potential student athletes for further training. SSP consists of seven subsidiary programmes/schemes which include –

- (a) **Sport Education Programme:** It provides students with the latest sports information, and includes sport demonstrations, sport exhibitions and talks, guided tour for major events and visit to sports venues.
- (b) **Easy Sport Programme:** It aims to arouse students' interest to participate in sports through designing easy introductory courses, simplifying the sports skill and equipment.
- (c) **Outreach Coaching Programme:** Coaches arranged by NSAs will conduct training for students in schools and assist the setting up of school teams.
- (d) **Joint Schools Sports Training Programme:** Students who have attained the required sport performance standard are provided training in advanced techniques.
- (e) **Badges Award Scheme:** Awarding students for meeting the standards of badges.
- (f) **Sports Award Scheme:** Awarding students for regular participation in sporting activities; and
- (g) **Sport Captain Programme:** Providing training courses to students, parents and teachers, so that they could assist in organising sporting activities in schools.

In 2015-16, about 90% of schools in Hong Kong took part in the Scheme and over 8 000 programmes were organised for about 611 000 students.

School Sports Programme Coordinator Pilot Scheme

7. The HAB, LCSD, EDB and the HKSI jointly launched the three-year School Sports Programme Coordinator Pilot Scheme (the SSPC Scheme) from the 2012/13 to the 2014/15 school year. Under the SSPC Scheme, retired athletes were trained and posted to participating secondary schools to implement activities of the School Sports Programme, to provide students with more opportunities to participate in sports so as to enhance the level of sports in schools, as well as providing a platform to retired athletes for career development. The SSPC Scheme achieved the intended outcome in promoting a sporting culture on campus. During the three school years, a total of 590 activities were organised by the 15 participating schools with the participation of more than 120 000 counts of students, including those who were not usually active in participation. In addition, the retired athletes introduced over 80 new types of sports, formed 77 new school teams and referred about 100 students with potential to NSAs for further training, some of them even won medals in international competitions. Given the positive responses and comments from all parties, the quota of schools was increased to 23 from the 2015/16 school year.

Pilot Scheme for Student Athlete Support

8. In the 2013-14 school year, we collaborated with the HKSSF and introduced the Pilot Scheme for Student Athlete Support (the Pilot Scheme) with the objective of helping students from low-income families to pursue their sporting goals. The funding covers the purchase of personal sports equipment, transportation costs of attending trainings of the HKSSF and participating competitions, school squad coaching fees as well as course fees and transportation costs for participating in the Outreach Coaching Programme (school squad training) and Joint School Sports Training Programme of HKSSF sports under the School Sports Programme of the LCSD. In the 2015/16 school year, 310 secondary schools and 268 primary schools participated in the Pilot Scheme, representing an increase of around 18% over the 2014/15 school year, with the maximum funding to be released to the schools is around \$6.94 million.

Sports Legacy Programme

9. SF&OC launched the Sports Legacy Programme in 2012, under which retired athletes provide training with their sports specific skills, professionalism and Olympic values, so as to promote sports culture in schools, enhance skill levels of students in sports, as well as identify potential sports talents. Over 4 000 students benefitted from this programme, which is

another initiative of promoting sporting culture in schools through retired athletes.

Active School Programme

10. The Hong Kong Elite Athletes Association launched the Active School Programme in the 2013-14 school year, promoting fun sports activities at schools by serving and retired elite athletes and coaches. Participating schools have to commit to the programme objective of nurturing healthy development of our children in a happy environment. This programme has just embarked on its sixth phase, the number of participating schools has grown from 12 in the first phase to around 80 at present. Over ten NSAs also participate in the programme, devising sports activities according to the needs of the schools and students concerned, where such activities would be integrated into the schools' PE lessons or become regular extracurricular activities.

Community Level Programmes

11. Apart from collaboration with schools, LCSD and NSAs also organise a wide range of recreation and sports programmes for people of different levels of ability (including people with disabilities), of different age groups (including young people) and of different interests to promote sport in the community.

Community Recreation and Sports Programmes

12. The LCSD and NSAs organise various types of recreation and sports activities for young people, including sports training courses, competitions and fun fairs, exposing them to different types of sports and encouraging an initial interest in specific sports among young people and help them master the basic techniques of the respective sports. The programme types include athletics and water sports, personal activities, team activities, dance and fitness, outdoor and surface water sports, etc. In 2015-16, LCSD organised around 23 000 recreation and sports activities in 18 districts of Hong Kong. Among the participants, 280 000 are young people under 24.

Programmes of NSAs and Other Sports Organisations

13. To encourage people to participate in sport for physical and psychological health, the SF&OC organises more than 80 activities in various districts in Hong Kong every year, including Festival of Sport and Olympic “Fun” Run, etc. to promote “Sports for All”. NSAs and their affiliated clubs, district sports clubs and other sports organisations also organise large number of sports promotion programmes (especially during summer holidays) to attract more young people to join. These programmes include training courses and promotional programmes for various sports². LCSD subsidises the organising of these promotional programmes by providing subvention to NSAs under the Sports Subvention Scheme (SSS). In 2015-16, a subvention totalling some \$20 million were given to 59 NSAs, including the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC&SAPD), the Hong Kong Sports Association for Persons with Intellectual Disability (HKSAPID) and the Hong Kong Society for the Deaf, subsidising their 4 100 sports promotion activities other than the school programmes. Around 98 000 counts of youth participation were recorded.

Progressive and Systematic Training

14. The organisation of these programmes provides the “first step” for young people, allowing them to be exposed and to enjoy taking part in sports, as well as encouraging them to acquire basic skills of specific sports of their interest. Most of the young athletes start their development in sports from participating school sport programme or sport promotional programmes at the community level. When they develop interest in specific sport, they will attempt to learn the basics and then pursue higher level through progressive and systematic training schemes. These schemes include: the Primary Athletes Training Scheme³ for children; Young Athletes Training Scheme⁴ for youth; and District Sports Teams Training Scheme⁵. Potential young athletes would be identified under the prevailing mechanism and be recommended to join

² Sports including Football, Baseball, Rugby, Billiards Sports, Hockey, Lawn Bowls, Skating, Archery, Shooting, Judo, Karatedo, Wushu, Gymnastics, Shuttlecock, Mountaineering & Climbing, Bowling, Triathlon, Windsurfing, Rowing, Sailing, Canoeing and Dragon Boat.

³ The Primary Athletes Training Scheme includes 5 sports, i.e. Basketball, Football, Handball, Judo and Volleyball

⁴ The Young Athletes Training Scheme includes 23 sports, i.e. Athletics, Badminton, Basketball, Billiard Sports, Canoe, Cricket, Cycling, Fencing, Football, Gymnastics, Handball, Judo, Lawn Bowls, Mountaineering & Climbing, Netball, Rowing, Squash, Swimming, Table Tennis, Tennis, Triathlon, Volleyball and Wushu

⁵ District Sports Teams Training Scheme include 4 sports, i.e. Basketball, Fencing, Football and Handball

different level of training squads for receiving high-level training, and then to become an elite athlete and represent Hong Kong in international competitions. A typical development pathway for an athlete is shown in the diagram at Annex I. The characteristic of the system is that participants subject to basic skill tests. The training programmes are conducted by phases and in a progressive manner. Those who have passed the assessment could move on to the next stage for higher level training. Coaches of relevant NSAs would also identify those with outstanding performance for joining different squads for further training and development.

15. NSAs are responsible for talent identification of their respective sports, whereas the Government and the HKSI provide assistance and support in different aspects. In 2015-16, LCSD allocated \$14.4 million to 59 NSAs to organise 1 426 development schemes for over 52 000 young athletes under the SSS. In 2014-15, NSAs identified about 280 young athletes were identified and referred for squad training. The HKSI also cooperated with relevant NSAs in conducting open talent identification assessment.

Feeder System Scheme

16. To help NSAs to establish more effective feeder programmes to raise their standard and achieve better performance at the international competitions in the long run, the Feeder System Scheme (the Feeder System) was introduced in 2009-10. The Feeder System aims to help NSAs identify and nurture young athletes with the potential to reach the elite level, and to provide them with opportunities of training and competitions, so as to enhance their standard and performance, which are essential to their sport career development. The programmes under the Feeder System include promotional and development programmes, talent identification, training for regional and junior squads, hosting local competitions and participation in overseas training and competitions.

17. Since its launch in 2009-10 as a pilot scheme, the Feeder System has resulted in the identification of 1 250 athletes for promotion to higher level squads for further training. Of these, 339 have been promoted to Junior Squads, and some of the athletes have obtained notable results in international events. The Feeder System has subsequently become a standing item subvented under of the SSS. In 2015-16, LCSD allocated \$16.3 million to 52 NSAs

(including HKPC&SAPD and HKSAPID) to enhance their feeder programmes for 8 862 young athletes. The allocations provided by the LCSD to NSAs since from 2009-10 to 2015-16 are summarised at **Annex II**.

Squad Training Programme

18. Most NSAs have squads at different levels – Regional (on the basis of region or training base), Junior (eligible to participate in international youth competitions and Championships) and “National”. The NSAs provide tailor-made training to suit the needs of the squad teams and develop the skill of young athletes. Athletes who show the most potential are selected by NSAs to represent Hong Kong at international sports competitions and major Games. Junior Squad training programmes are funded through the SSS⁶.

Development of Young Elite Athletes

19. The HKSI is the Government’s elite sport training systems delivery agent. The HKSI currently provides support to 1,195 scholarship athletes, of whom 365⁷ are junior athletes. Among them, 61 junior scholarship athletes from 21 sports are receiving 25 hours of training per week, comparable to the weekly training time of senior full-time scholarship athletes. From April 2015 to end February 2016, they have achieved excellent performance by won 7 medals for Hong Kong at the World Youth Championships (including 1 Gold, 1 Silver and 5 Bronze medals) and 108 medals at Asian Youth Championships (including 25 Gold, 38 Silver and 45 Bronze medals). In 2015-16, HKSI provided funding support of about \$20 million for training junior scholarship athletes, representing 25% of the funding allocation for its Elite Training Programme.

20. The HKSI launched the “HKSI Elite Athletes-friendly School Network” in mid-2014. Participating schools offer individualised academic support to student athletes by providing extra tutorials and make-up classes, and flexible arrangements on study timetable, leave arrangements and examination schedules to facilitate accommodate athletes’ elite training and

⁶ The HKSI provides training to Junior Squad for sports at Tier “A” level or above (17 sports including Athletics, Badminton, Billiard Sports, Cycling, Fencing, Gymnastics, Karatedo, Rowing, Rugby Sevens, Sailing, Squash, Swimming, Table Tennis, Tennis, Tenpin Bowling, Windsurfing and Wushu). LCSD provides funding support to Junior Squad training in other sports including secondary disciplines of Tier A sport (such as diving and mountain biking).

⁷ The scholarship awards are granted on the performance achieved by the athletes. Maximum monthly scholarship for junior athletes is over 7,000.

study needs. To further meet the needs of junior scholarship athletes in both training and academic pursuit, HKSI set up a pilot Partnership School Programme in collaboration with the Lam Tai Fai College and schools of the English Schools Foundation, providing a new and highly flexible secondary school course with flexible class schedules, possible extension of years of study and tailor-made academic support. At present, 18 student athletes are benefiting from this programme. All of them receive full scholarships for tuition fees, as well as extra tutorials and transportation support, to facilitate them to pursue a dual career path in both sport and education. The HKSI also provides financial resources to the participating schools to develop the programmes concerned.

21. The HKSI also provides training and direct financial support to elite athletes with disabilities through the “Sports Aid Grant for Athletes with Disabilities” (SAGD). In addition, HKSI supports the elite training of HKPC&SAPD and HKSAPID by financing the hiring of coaches, participating in local and overseas training and competitions, procuring of equipment, etc. In 2015-16, 4 out of the 57 elite athletes with disabilities who are receiving SAGD, and 26 out of the 91 disabled potential athletes, are under the age of 18.

Participation in Local and Overseas Competitions

22. Participation in competitions enables athletes to gain more experience and improve their skills, and also provide exchange opportunities for young people. NSAs therefore organise local competitions, and arrange their athletes to participate local and overseas competitions and championships.

23. The Government provides funding through SSS and the Arts and Sport Development Fund (ASDF) to NSAs for organising international competitions at different levels, as well as to prepare and participate in major international games. In 2015-16, we allocated about \$6 million to the respective NSAs to organise over ten international competitions at the junior level. For the preparation for and participation in major games by young athletes, we have also approved \$1.22 million for the Hong Kong, China delegation to participate in the Summer Universiade, \$4.46 million to participate in the 1st National Youth Games and \$0.41 million to participate in the National Youth “Future Star” Sunshine Sports Games 2015.

Way Forward

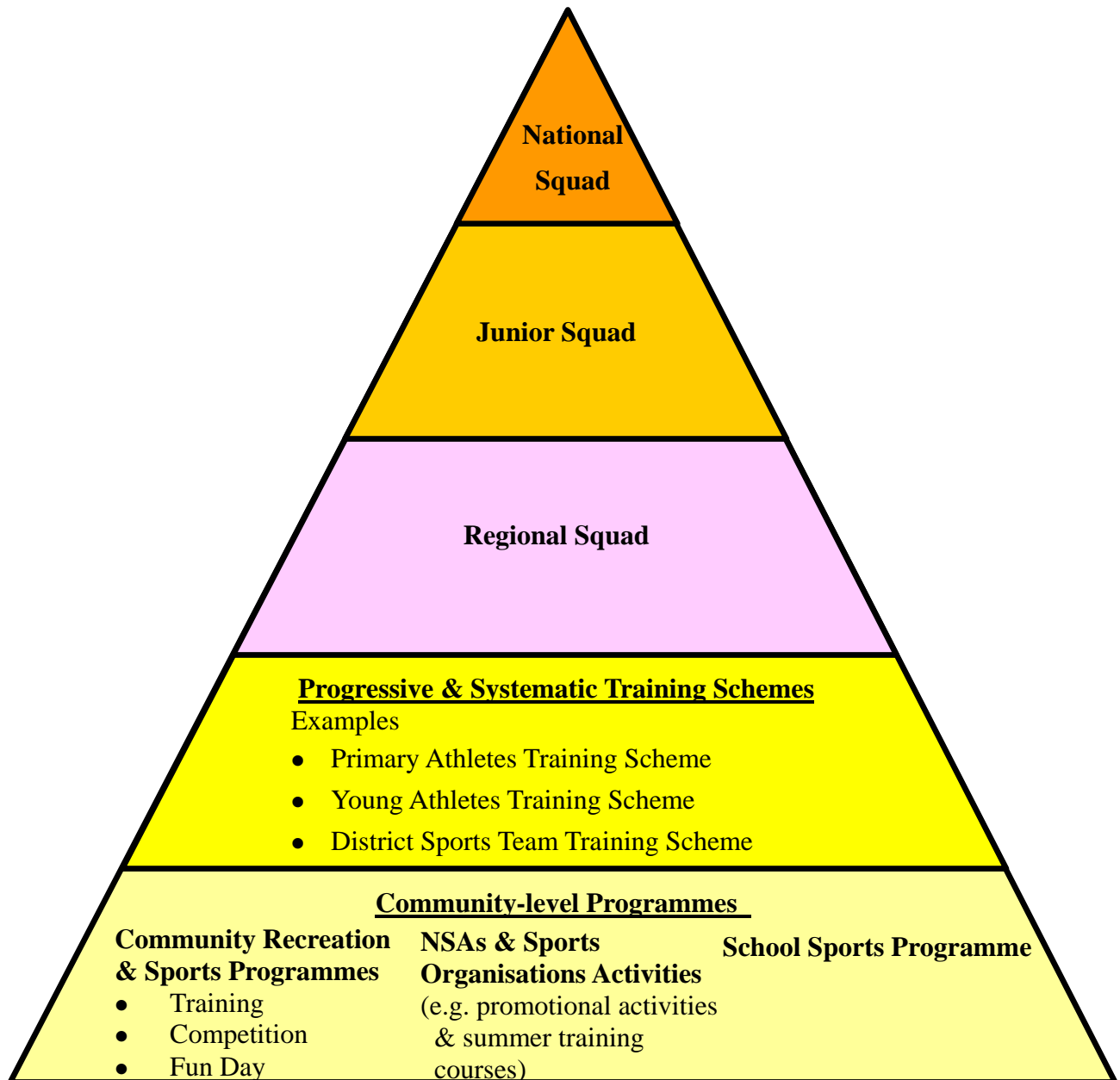
24. We will continue to work with stakeholders including the SF&OC, NSAs and the HKSI to organise and support diverse sports development programmes for young people, to encourage their early participation in sport, to develop their interest and to enhance their quality of life, as well as to identify, nurture and develop talented young athletes into elite athletes.

25. Members are invited to note the latest situation of the programmes for development of sports for young people.

Home Affairs Bureau

March 2016

Development Hierarchy of Individual Sport



Implementation of Feeder System Scheme

Financial Year	Sports joining the Scheme	Accumulative number of sports	Number of programmes	Number of participants	Amount of subvention (\$ million)
2009-10	Athletics, Badminton, Cycling, Fencing, Rowing, Swimming, Table Tennis, Tennis, Windsurfing (9 sports)	9	107	914	6.00
2010-11	Gymnastics, Handball, Judo, Karatedo, Shooting, Sports for Mentally Handicapped, Sports for Physically Disabled, Squash, Taekwondo, Tenpin Bowling, Triathlon, Volleyball, Wushu (13 sports)	22	355	6 153	9.80
2011-12	Archery, Baseball, Billiards, Dragon Boat, Equestrian, Golf, Ice Hockey, Netball, Orienteering, Roller Sports, Sailing, Softball, Underwater (13 sports)	35	457	8 075	12.90
2012-13	Basketball, Cricket, DanceSport, Football, Gateball, Hockey, Lawn Bowls, Mountaineering & Climbing, Rugby (9 sports)	44	*438	7 764	16.00
2013-14	Body Building, Boxing, Canoe, Kendo, Shuttlecock (5 sports)	49	*395	7 825	16.80
2014-15	Life Saving, Skating (2 sports)	51	416	8 364	16.70
2015-16	Dragon and Lion Dance (1 sport)	52	418	8 862	16.30

Remarks:

* Some of the “national sports associations” adjusted the number of activities in the financial year in the light of enrolment situation of the programmes concerned.