

For discussion on
27 August 2021

Legislative Council Panel on Home Affairs
Promotion of Sports Development in Schools

Purpose

This paper reports to Members on the Government's work on the promotion of sports development in schools.

Background

2. Promoting sports in schools is one of the most important ways to foster "Sports for All", support elite sports development, and maintain Hong Kong as a centre for major international events. An early exposure to different types of sports facilitates students to develop an interest in sports and make regular exercising a habit at a young age, which is beneficial to students' physical and mental well-being. It also helps students acquire good qualities such as self-confidence, perseverance and team spirit. Further, the promotion of sports in schools is conducive to the identification and nurturing of young athletes, who may then unleash their potential and strive for excellence. There may be a chance for some of them to enter the stage of the Olympic Games one day and bring glory to Hong Kong.

3. The Government is committed to the promotion of sports development in schools. Apart from the regular Physical Education (PE) Curriculum, various Government bureau/departments such as Home Affairs Bureau (HAB), Education Bureau (EDB), Leisure and Cultural Services Department (LCSD), have made concerted efforts with the Sports Federation and Olympic Committee of Hong Kong, China (SF&OC), "national sports associations" (NSAs) and other non-government organisations to provide opportunities for students to participate in various sports programmes beyond the classroom.

PE Curriculum in Schools

4. EDB fulfils the learning goal of “Healthy Living” through the PE Curriculum, curricula of other subjects, as well as a life-wide learning approach.

5. PE is one of the eight Key Learning Areas (KLAs) of the School Curriculum. Primary and secondary schools are required to arrange PE lessons for students. In the existing “Physical Education Key Learning Area Curriculum Guide (Primary 1 to Secondary 6)”(2017) compiled by the Curriculum Development Council, the recommendation of World Health Organisation (WHO), which is for students to accumulate a daily average of at least 60 minutes of moderate- to vigorous- intensity physical activities in a week, has been incorporated as a direction for the development of the PE curriculum. At present, schools are required to allocate 5 to 8 percent of the total lesson time for PE in primary and junior secondary levels (i.e. around 80 to 120 minutes per week); and at least 5 percent of the total curriculum time for PE in senior secondary levels (i.e. around 80 minutes per week). Furthermore, students taking the PE elective subject for the Hong Kong Diploma of Secondary Education even have the opportunity to dip into sports theory and engage in sports training for around 250 hours as part of their 3-year senior secondary curriculum. Such arrangement is based on thorough consideration of balancing the needs of different schools and interests of students, and is widely recognised and supported across the education sector. While schools have not been able to arrange face-to-face PE lessons during the COVID-19 pandemic, EDB strengthened the partnership with different stakeholders to develop diversified learning and teaching resources (including online video clips of sports programmes¹) for students and teachers’ references. To continue the promotion of sports² under the pandemic, teachers may select suitable resources according to students’ abilities to facilitate face-to-face or virtual instruction, or pick appropriate video clips for students to practise at home or after class.

6. EDB also shares the best practices of promoting sports with teachers through platforms such as professional development and training programmes and learning communities, etc. Teachers may explore learning and teaching strategies which are effective and with an element of

¹ Doing Physical Activities at Home PowerPoint slides and video clips provided by the EDB:
https://www.edb.gov.hk/en/curriculum-development/kla/pe/doing_physical_activities_at_home/index.html

² Safety Precautions for Conducting Online Physical Education Lessons and Learning and Teaching Resources provided by the EDB:
https://www.edb.gov.hk/en/curriculum-development/kla/pe/web_based_teaching/index.html

fun, such as conducting PE lessons in the form of games more often, in order to enhance students' interest in participating in sports, thereby increasing their motivations for engaging in sports activities and encouraging them to spend more time on it.

Sports Programmes beyond the Classroom

7. The implementation of the PE curriculum is not only confined to PE lessons. EDB continuously encourages schools to organise various kinds of sports activities after school hours, as well as coordinates territory-wide programmes like the School Physical Fitness Award Scheme and the Outdoor Education Camp Scheme to provide more opportunities for students to participate in sports. At present, most of the schools are able to make use of the sports facilities on and off campuses (including sports venues under LCSD) to organise a number of sports-related co-curricular activities, including various ball games, programmes of new sports (e.g. rope-skipping, rock-climbing), and etc. Concurrently, the EDB has been working with different organisations in school sector, such as the Hong Kong Schools Sports Federation and Hong Kong Schools Dance Association by providing them with funding support and advice for organising various sports and dance competitions/activities to enhance students' interest in the participation of sports activities.

8. The LCSD, SF&OC, NSAs, the Hong Kong Sports Institute (HKSI) and other non-governmental organisations have also provided students with a range of on campus sports programme beyond the PE lessons. A whole-school approach is adopted as far as possible to foster a sporting culture in schools. These programmes are –

- (a) **“School Sports Programme”**: Since 2001, LCSD has worked in collaboration with various NSAs to implement the School Sports Programme (SSP), which is conducted in line with the daily schedule of schools to enable students of primary, secondary and special schools in the territory to participate in diversified sports activities at school during their leisure time. The SSP aims at cultivating the interests of students in sports, encouraging them to develop a healthy and active lifestyle, raising the standard of sports performance among students and identifying potential student athletes for further training. The SSP consists of seven subsidiary programmes/schemes³ that provide progressive sports training to

³ The 7 subsidiary programmes/schemes comprising the SSP are, namely, the Sport Education Programme, the Easy Sport Programme, the Outreach Coaching Programme, the Joint Schools

students. Students may select suitable sports programmes ranging from sports-related talks, exhibitions and beginner courses, to systematic training offered in school squads established under the assistance of professional coaches, in accordance with their level of physical fitness and personal preferences. For many years, about 90% of the secondary, primary and special schools in the territory took part in SSP. More than 15 900 sports programmes were organised in the past three years, attracting up to 1.42 million attendances.

- (b) **“Retired Athletes Transformation Programme” (RATP):** Launched in 2018, the RATP is organised by HAB under the support of LCSD, EDB and HKSI, and is administered by the SF&OC’s Hong Kong Athletes Career and Education Programme (HKACEP). Under the RATP, retired athletes were trained and posted to participating secondary schools under a three-year term to implement activities of the SSP, 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 RATP achieved the intended outcome in promoting a sporting culture on campus. During the last three school years, a total of 1 163 activities were organised with the participation of more than 71 884 counts of students (including those who were not usually active in participation). In addition, the retired athletes introduced over 127 new types of sports, formed 32 new school squads and referred about 168 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 number of application from schools increased to 105 in the 2021/22 school year.
- (c) **Sports Legacy Programme:** Launched on a pilot basis in 2012 by the SF&OC, the Sports Legacy Programme is another initiative of promoting sporting culture in schools through retired athletes. The new three-year term of the Sports Legacy Programme began in 2018. Relevant activities held in primary and secondary schools included providing students with various sporting experiences on campus, as well as conducting physical fitness tests for students to understand their physical condition and the corresponding types of sports that would fit them. Students are also encouraged to turn their sporting interests into sport-specific training. The respective subsidiary

Sports Training Programme, the Badges Award Scheme, the Sports Award Scheme and the Sport Captain Programme.

schemes held in secondary and primary schools are named the “Flying High” Sports Programme and “Go Play Olympics!”, which are sponsored by the Hong Kong Jockey Club Charities Trust, and the Lee Hysan Foundation and the Chow Tai Fook Charity Foundation. The two schemes cover 79 secondary schools and 22 primary schools and have benefitted 79 136 counts of students;

- (d) **Active School Programme:** The Hong Kong Elite Athletes Association (HKEAA) launched the Active School Programme in the 2013/14 school year, promoting fun sports activities at school by serving and retired elite athletes and coaches. Participating schools have to sign a charter and commit to the programme objective of “nurturing healthy development of our children in a happy environment”. Upon receiving financial support from the Hong Kong Jockey Club Charities Trust since 2016, more students were able to participate in sports activities with an element of fun under the Programme, and the number of participating schools increased from 12 in the first phase to 220 at present. In 2020/21 school year, the HKEAA has offered (over 1 500) online lessons to students, in addition to the face-to-face lessons. There are currently 220 schools joining the “Active School Programme” charter, benefitting over 150 000 students.
- (e) **“Fun to Move@JC”:** Created and funded by the Hong Kong Jockey Club Charities Trust, the “Fun to Move@JC” aims at developing a sustainable model of exercising with the aid of school and family collaboration, as well as the use of technology. In addition to the model, activities held under the scheme shall enhance students’ physical activity level, improve their efficiency and motivation in sports by encouraging mindset and behavioral changes at personal, social, environmental and school policies levels. The scheme was launched in 2017 on a pilot basis in 35 schools. The estimated number of beneficiaries is 30 000.

9. HAB attaches great importance to developing sports culture in the community and providing more opportunities for young people to participate in sports, such that students’ passion in sports could be extended beyond the campus. Students are also encouraged to make good use of their leisure time (especially the summer holidays) to exercise. Hence, LCSD, SF&OC, NSAs and their affiliates, as well as other relevant sports organisations have organised a large number of sports programmes, such as training courses, competitions, recreational and sports fun days, for people of different age groups (including secondary and primary students) in the

community. These programmes have attracted the participation of many young people. Over the past three years, LCSD organised around 79 300 recreational and sports programmes across 18 districts in the territory, including events for swimming, badminton, soccer, basketball, marathon running and cycling, etc., which are generally liked by young people. LCSD has also provided 60 NSAs with a funding support of around \$120 million for roughly 14 000 sports programmes to be held outside the campus in the past three years, which attracted approximately 390 000 attendances from young people.

Inter-school Sports Competitions

10. In addition to the PE curriculum and intramural sports experience mentioned above, LCSD encourages schools to set up school squads under the SSP based on the needs of students. The regular and advanced training at school level enables student athletes with sporting potential to participate in inter-school competitions organised and coordinated by the Hong Kong School Sports Federation (HKSSF). These competitions allow athletes to accumulate competition experience, which serves as a stepping stone to higher level competitions, and effectively promote a sporting culture in schools. This enables student athletes to learn from one another and understand the importance of sportsmanship.

11. The HKSSF, a sport organisation subsidised by the LCSD and EDB, is one of the main stakeholders in promoting sporting activities for youth. Over 95% of the schools in Hong Kong are registered members of the HKSSF. During 2018/19 and 2019/20 school years, the average number of student athletes registered with the HKSSF was over 110 000, representing 16.5% of all students in Hong Kong. The HKSSF plays an important role in identifying talented young athletes. Its work includes organising inter-school sport competitions in primary and secondary schools, Jing-ying tournaments, inter-port and international school sports competitions, covering 23 types of sports at secondary schools and 15 at primary school levels respectively. The HKSSF also collaborates with NSAs and establishes a system of athlete training to raise the standard and performance of the student representatives in inter-port and international competitions, as well as in competitions such as National Students Sports Games and the ISF Gymnasiade.

12. Student athletes selected by the HKSSF to represent Hong Kong in international and national competitions have achieved excellent results. Over the past few years, the student athletes gained 2 gold, 4 silver and 3

bronze medals in the ISF Gymnasiade, whereas the men's rugby team came first in the Asian School Rugby Sevens Championship for three consecutive years. We have also seen impressive performances of the student athletes in various Asian school championships (including basketball, badminton, table tennis and trail running). As for competitions at national level, the Hong Kong team has achieved one gold, one silver and three bronze medals for swimming and one bronze medal for wushu in the recent National Student Sports Games.

13. Taking into account the additional resources that may be required by individual student athletes for their participation in sports training and competitions, HAB provides financial support via the HKSSF for students from low-income families to pursue their sporting goals. In the 2013-14 school year, HAB collaborated with the HKSSF and introduced the Student Athlete Support Scheme on a pilot basis. The Scheme was regularised in 2016-17 school year. The funding covers the purchase of personal sports equipment, transportation costs, coach fees for school squad training, as well as course and transportation fees arising from the school squad training and other advanced courses under LCSD's School Sports Programme. In 2019/20 school year, HAB provided \$5.49 million to 534 schools, benefitting 15 376 students.

14. We are also delighted to learn that many organisations have set up awards as an appreciation to the outstanding academic and sporting performances of the student athletes. These awards include sportTAG Award Scheme, Jockey Club Athlete Incentive Awards Scheme, A.S. Watson Group Hong Kong Student Sports Awards, BOCHK Bauhinia Bowl Award Outstanding Athlete Award and BOCHK Rising Star Award, etc.

Opening up School Facilities for the Promotion of Sports Development Scheme

15. To further strengthen the ties among sports organisations and enhance the sporting culture in school, EDB and HAB jointly launched the Opening up School Facilities for Promotion of Sports Development Scheme (the Scheme) in 2017/18 school year to provide financial incentives to public sector schools (including Government, aided and caput schools). Public sector schools are encouraged to open up their facilities such as school halls, activity rooms, playgrounds, sports grounds and classrooms, for use by NSAs and their affiliated members, district sports associations, sports organisations subvented by LCSD and other eligible non-profit organisations, to hold sports programmes during non-school

hours. Activities held include squad training programmes, young athletes training programmes, district sports events, etc. To facilitate the cultivation of a strong sporting culture in schools and increase students' participation in sports activities, sports organisations using school facilities under the Scheme are required to reserve one-fourth of the places in each programme for priority enrolment of students, teachers and/or parents of the school concerned, subject to their fulfilment of the qualification(s) of that activity, if any.

16. Participating schools may levy hire charges as provided under the prevailing guidelines issued by the EDB. They will also receive an additional subsidy from HAB and the EDB to cover expenses incurred in opening up school facilities, such as hiring extra manpower, strengthening security measures, defraying additional utility costs, carrying out urgent minor repair works and replacing or acquiring items required for sports programmes.

17. The Scheme has been well received by the sports sector and schools since its launch. There were already over 130 schools indicated their willingness to open up their facilities when the Scheme was first implemented in the 2017/18 school year. Participating schools and sports organisations continue to welcome the Scheme in the three school years that follow. Details of participation in the Opening up Scheme since 2017/18 school year are as follows:

School Year	2017/18	2018/19	2019/20*	2020/21*
Number of participating schools	134	136	132	126
Number of schools paired with sports organisations	12	27 (+125%)	48 (+78%)	45 (-6%)
Number of sports organisations paired up with schools	15	20 (+33%)	28 (+40%)	33 (+18%)
Number of programmes	38	162 (+326%)	123 (-24%)*	168 (+37%)
Number of attendances	1 333	3 392	5 207	9 736 (Estimated)

*Schools were suspended most of the time in 2019/20 and 2020/21 school years to avoid social contact and reduce the risk of the spread of viruses under the COVID-19 pandemic. The sports programmes originally planned to be held in schools were thus affected.

18. At the end of each school year, HAB and EDB will review the implementation of the Opening up Scheme. A number of enhancement

measures have been introduced since the 2018/19 school year. For instance, we have extended the Scheme to cover Direct Subsidy Schools; increased the upper limit of subsidy for each participating school, expanded the list of eligible organisations; and allowed non-profit-making organisations with ability, experience and a track record of organising sports programmes in schools and the community to join the Scheme, such that a wider variety of sports may be introduced on campus.

19. Apart from the above enhancement measures, HAB has provided schools with opportunities to further improve the sports facilities on campus, so that the community and students may enjoy the new facilities. Since 2019/20 school year, participating schools were made eligible to apply for the grant under the “Special Project” category of the Sir David Trench Fund for Recreation (Fund) for constructing or improving their sports facilities, or purchasing sports equipment. Interested schools may submit proposals for the funding. Subject to the assessment results, each school may be granted an amount ranging from \$700,000 to \$4 million. In the 2020/21 school year, the grant under “Capital Works Project” of the Fund is also opened for schools participating in the Opening up Scheme for application. Schools may apply for a maximum grant of \$700,000 for construction of new sports facilities on campus.

20. Since the opening up of the Fund for application by participating schools, the Advisory Committee of the Fund has approved \$16.25 million to a total of seven schools over two school years for the construction or improvement of sports facilities. In accordance with the 5-year plans formulated in collaboration with relevant sports organisations, these schools have submitted funding applications for construction of fitness rooms and purchase of fitness equipment, construction of a baseball court at international standard, purchase of training equipment for unicycling and construction of standard track and field facilities, etc. Schools receiving the grant are required to continue opening up their facilities under the Scheme, so as to ensure more people from the community would benefit from the newly constructed or upgraded facilities.

21. We will continue to collect feedback from participating schools and sports organisations to further enhance the Scheme. We hope that sports facilities in schools can be utilised for a greater number of sports programmes and more students will participate in sports activities.

Way forward

22. In the long run, the Government encourages schools to attach greater importance to sports development. The HAB and EDB will study how to build a good foundation of sports for students through the school curriculum and extra-curricular activities and increase the opportunities for them to participate in various sports events and competitions. The Government will also step up efforts to support the HKSSF and NSAs to in the identification of more talented athletes.

23. Members are invited to note above efforts on the promotion of sports development in schools.

**Home Affairs Bureau
Leisure and Cultural Services Department
Education Bureau
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