

Objectives:

1. To create a better sports ambience in HLC
2. To promote and achieve MVPA60 through organizing relevant activities and programmes

Implementation Plan

Major Concerns	Intended Outcomes	Time Scale			Whole school / School Teams	Strategies
		24/25	25/26	26/27		
1. Creating a better sports ambience in HLC	Positive values related to sports are instilled.	√	√	√	WS	To organize PE and sports-related learning activities outside classroom <ul style="list-style-type: none"> <li>• Arranging various sports interest classes and open recruit all students to join</li> <li>• Organize Health Week to promote sports ambience</li> </ul>
		√			ST	To organize overseas Sports Exchange programmes <ul style="list-style-type: none"> <li>• Taiwan: Basketball, Volleyball and Badminton Training Camp</li> </ul>
		√	√	√	WS	To set up a HLC Self-fitness Zone in covered playground Electronic bikes, AI fitness machine
2. Promoting and achieving MVPA60	Students' physical fitness and overall well-being are improved.	√	√	√	WS	To develop electronic applications for recording students' physical fitness data and activity
		√	√	√	WS	To increase the proportion of fitness training in PE curriculum
		√	√	√	WS	To enhance the policy on the development of an active and healthy school campus

Budget			
Strategies	2024/25	2025/26	2026/27
1. To organize PE and sports-related learning activities outside classroom			
1A. Arranging various sports interest classes and open recruit all students to join	\$10,000	\$3,000	\$3,000
1B. Organize Health Week to promote sports ambience	\$1,000	\$200	\$200
2. To organize overseas Sports Exchange programmes	\$45,000		
3. To set up a HLC Self-fitness Zone in covered playground	\$42,000		
4. To develop electronic applications for recording students' physical fitness data and activity	\$37,000	\$4,300	\$4,300
5. To increase the proportion of fitness training in PE curriculum			
6. To enhance the policy on the development of an active and healthy school campus			
<u>Estimated expenditure per year</u>	\$135,000	\$7,500	\$7,500
<u>Total estimated expenditure in 3 years</u>	\$150,000		