

Background Information:

Our school is a government co-educational institution situated in the Sham Shui Po District. The academic structure comprises four classes at each grade level from Primary One to Six, totalling 24 classes. The campus is equipped with sports facilities including a basketball court which doubles as a volleyball court. In addition, the school benefits from its advantageous location, being in close proximity to several public sports venues such as Lai Chi Kok Playground and Po On Road Playground.

i. MVPA60 Timetable

Detailed Implementation Plan :

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Back To School	Transportation (walking 10-15 mins every day)					Encouraging parent-child activities, such as running, rope skipping, badminton etc...	
Class Period	Morning Exercise (Once a week, 5 mins each time)						
Recess	[MVPA 60] AI Sports Corner & LCU Wellness Corner (15 mins every day)						
Lesson	PE lessons (35 mins, two lessons in a week)						
Lunch break	Eye exercise & Stretching (10 mins every day)						
Extra-curricular Activities	Sports Team Training (2-3 times a week, 90-120 mins each time) iSmart Fitness Programme (Once a week, 120 mins each time)						
Go Back Home	Transportation (walking 10-15 mins every day)						
Sports Event	Sports Day / Games Day / Post-exam Activities						

ii. Morning Exercise

Our students take part in a lively Morning Exercise Dance every Friday during the Class Period. This energetic routine combines fun and fitness, encouraging everyone to move together. Students enjoy the dance immensely, building healthy habits while strengthening school spirit through rhythm and activity. LCU students also do the Morning Exercise on both Sports Day and Games Day.

iii. Active Recess

LCU has set up an AI Sports Corner in the small playground. Students are free to exercise there, and can try out different activities including rope skipping, jumping jacks, and high knees. Their records are automatically uploaded to the system.

iv. Lunch Activities

Eye exercise and stretching exercise are conducted during the lunch break.

v. Sports Diary & Fun Fitness Award Scheme

Sports Diary is specifically designed for LCUGPS students. Students read the Sports Diary to review their levels of physical fitness and do appropriate amounts of exercise, thereby developing the healthy habit of exercising regularly. Each student is given a Sports Diary to record the exercise they do throughout the school year. Students record the amount of exercise they did in PE lessons and the physical activities they performed in their leisure time. Sports Diaries are regularly checked by PE teachers. Fun Fitness Award Scheme Certificates are issued to students who achieve the criteria with the standard of MVPA60.

vi. School Physical Fitness Award Scheme

School Physical Fitness Award Scheme is held this year, and all students join this scheme. The scheme aims to promote the awareness of health-related fitness among school children and encourages them to participate in regular exercises. 6/9-minute run, sit and reach test, 1 minute sit-up and handgrip test is conducted in the second and third semesters. At the end of the academic year, certificates are given to students who achieve gold, silver and bronze awards.

vii. Sports Teams

Our school's athletic, volleyball, basketball, futsal, and cricket teams have delivered outstanding performances in both the Kowloon West Area Inter-school Competition and the All Hong Kong Inter-area Competition. Their achievements highlight not only sporting excellence but also the perseverance, discipline, and teamwork that define our school spirit.

viii. iSmart Fitness Programme

The Leisure and Cultural Service Department (LCSD) and our school have launched the iSmart Fitness Scheme hosted by the LCSD and co-organised by the EDB and the Physical Fitness Association of Hong Kong, China, with support from the Department of Health. This scheme aims to provide more opportunities for students to participate in sports, fostering a healthy lifestyle, as well as enhancing parents' awareness of their children's health. There is one lesson per week for students who join this programme.

ix. Sports Events

Our school hosts two major sports events each year—Sports Day and Games Day. These events feature inspiring speeches from elite athletes who encourage our students to pursue perseverance and healthy living. Highlights include the parent-child relay and teacher-student relay, both designed to promote teamwork, family bonding, and respect across generations.

x. PE Prefect

PE prefects play an important role in supporting the smooth operation of school activities. Their duties include helping to run the Active Recess sessions, where they encourage peers to participate in fun physical activities, and ensuring the PE storeroom remains tidy and organized for easy access to equipment. Through these responsibilities, PE prefects learn valuable skills such as leadership, teamwork, responsibility, and discipline. They also develop a sense of service and pride in contributing to a healthy, active school environment.

xi. PE Subject Award

PE Subject Award are presented to one boy and one girl in each level who get the highest marks in the P.E. examination. The PE Award is designed to encourage students to embrace physical activity, develop healthy habits, demonstrate perseverance in fitness challenges, and motivate students to participate actively in sports and exercise.

xii. Multiple Intelligent Lesson

Our students explore physical fitness in a fun and creative way by using DIY fitness dice and the Fitness Wheel. These tools turn exercise into engaging games, where each roll or spin introduces a new activity challenge. By participating, students not only improve their strength, endurance, and flexibility but also learn to enjoy fitness as play.

xiii. Post Exam Activities

Our school's post-exam activities provide students with a refreshing and engaging way to continue learning and growing beyond the classroom. These programs include exciting sports demonstrations, where students are inspired by skilled performances; lively inter-class competitions that foster teamwork, school spirit, and healthy rivalry; and fun fitness games designed to promote wellness and enjoyment.

xiv. Rugby For Good Tackling Language 2.0

This programme uses non-contact rugby and Social Emotional Learning (SEL) to create a safe, inclusive, and enjoyable environment for students in upper primary throughout Hong Kong. Through games and tailored learning activities, Rugby for Good helps ethnic minority and local students, and supports them to manage language and cultural differences. Students learn how to make positive friendships across cultures, improve social-emotional skills, and feel they belong. This gives students a strong base for future growth.