

EDUCATION BUREAU CIRCULAR MEMORANDUM NO. 8/2023

From : Secretary for Education

To : Heads of Primary and Secondary
Schools (including Special
Schools)/Deputy Heads/Physical
Education Teachers

Ref. : EDB(CD)-PE/ADM/150/1/28(2)

Date : 10 January 2023



Sharing Sessions by Elite Athletes cum Rope Skipping Fun Day, Professional Network on “Developing an Active and Healthy School Campus” and Learning and Teaching Resources

Summary

The purpose of this circular memorandum is to inform primary and secondary schools (including special schools) of the latest activity details as well as learning and teaching (L&T) resources developed under the “Active Students, Active People” Campaign (“ASAP” Campaign).

Background

2. Helping students develop a healthy lifestyle is one of the seven learning goals in primary and secondary schools. It is also stipulated in the *Physical Education Key Learning Area Curriculum Guide (Primary 1 - Secondary 6)* (2017) that schools should arrange a wide range of physical activities to develop students’ motor skills and improve their physical fitness. This could enable students to acquire the knowledge of related activities, nurture positive values and attitudes, as well as help them develop a habit of doing exercise regularly. Promoting the physical development of students is not confined to PE lessons. Through implementing an active and healthy school policy, students could participate in different extended physical activities before, during and after school so as to enhance their physical fitness level. Schools are advised to make flexible use of learning time to provide students with opportunities to participate in sports activities through a life-wide learning approach and cultivate their interest in sports. In addition, schools could encourage students and parents to do sports together after school / during holidays to enhance the parent-child relationship.

3. To create a better sports ambience in schools, the EDB launched the “ASAP” Campaign in the 2021/22 school year to support schools in promoting sports on all fronts through a wide range of student activities and teacher professional development activities, including Sharing Sessions by Elite Athletes, “Vitality Fitness Walking / Running Challenge” and “Dance for Health” competition.

Various L&T resources, such as “Physical Activity Logbook”, presentation materials on demonstration of physical fitness, and educational videos on Wushu, and dance by different ethnic groups in China have been produced to deepen teachers and students’ understanding of the traditional Chinese culture as well as to encourage students to develop the habit of doing exercise as early as possible. Relevant information has been uploaded to the “ASAP” Campaign webpage (<https://www.edb.gov.hk/en/pe/asap>).



Details

4. The EDB continues to promote diversified activities, optimise the Professional Network on “Developing an Active and Healthy School Campus” and develop L&T resources in an effort to support schools in designing and enriching school-based activities according to their students’ needs. Details of the latest activities and L&T resources are as follows:

“Sharing Sessions by Elite Athletes cum Rope Skipping Fun Day – Rope Skipping into an Active Lifestyle”

5. The EDB will organise the “Sharing Sessions by Elite Athletes cum Rope Skipping Fun Day: Rope Skipping into an Active Lifestyle” on 22 February 2023. The Rope Skipping Team of Hong Kong, China has all along demonstrated outstanding performance in international tournaments, winning 32 and 40 gold medals at the Asia and Pacific Jump Rope Championship 2019 and IJRU 2021 Virtual World Championship Series respectively. The sharing sessions will be led by the elite rope skippers, who will introduce and demonstrate different rope skipping skills and share with students their challenges in training and competition. A rope skipping experience activity will also be arranged on-site for students to enjoy the fun of rope skipping, and each participating student will receive an “ASAP Speed Rope”. For enrolment details, please refer to **Appendices 1 & 2**.

Professional Network on “Developing an Active and Healthy School Campus”

6. To tie in with the World Health Organisation (WHO)’s recommendation that children and adolescents aged 5-17 should accumulate at least an average of 60 minutes daily of moderate-to vigorous-intensity physical activities across the week (i.e. MVPA60), the EDB has launched a Professional Network on “Developing Active and Healthy Schools” (Professional Network) since the 2017/18 school year to share good practices in promoting physical activity, developing effective L&T strategies and enhancing the sports culture in schools. Schools interested in joining the Professional Network may return the completed Application Form (**Appendix 3**) to the PE Section, EDB by fax or email on or before 10 February 2023 (Friday) (Schools that have joined the Professional Network do not need to return the Application Form).

Learning and Teaching Resources

7. To encourage students to engage in regular exercise as soon as possible, the EDB develops different L&T resources on an ongoing basis. The latest L&T resources including ASAP e-calendar 2023, Dance and Chinese Culture (Ethnic groups in South and Southeast China) (Chinese version only), Using Resistance Bands for Muscle Training (Trunk and Lower Limb) (Chinese version only), and Video of “ASAP” Campaign (Chinese version only) have been uploaded to the “ASAP” Campaign webpage (<https://www.edb.gov.hk/en/pe/asap>). For details, please refer to **Appendix 4**.

Enquiry

8. For enquiries, please contact the PE Section, Curriculum Development Institute on 2762 2538.

Ms WONG Hing-yee, Annie
for Secretary for Education

c.c. Heads of Sections – for information

“Active Students, Active People” Campaign
Sharing Sessions by Elite Athletes cum Rope Skipping Fun Day
– Rope Skipping into an Active Lifestyle

Activity Mode:	Hybrid mode (Performance and sharing session will be held on-site and online simultaneously)																	
Target Participants:	Primary and secondary school students																	
Date:	22 February 2023 (Wednesday)																	
Time:	2:00 p.m. to 4:00 p.m.																	
Venue:	Hall, SKH St. Thomas’ Primary School (145 Pratas Street, Sham Shui Po, Kowloon)																	
Language Medium:	Cantonese																	
Capacity:	On-site Sharing Session: 200 Online Sharing Session: 1 000																	
Content:	The sharing session will be led by elite rope skippers of Hong Kong, China, who will introduce and demonstrate different skipping skills and share with students their challenges in training and competitions, encourage students to develop positive values and attitudes, such as perseverance, diligence and willingness to accept challenges, and inspire them to pursue their dreams and stretch their potential. A rope skipping experience activity will be arranged on-site for students to enjoy the fun of rope skipping.																	
Programme (Tentative):	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Time</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>13:50 – 14:00</td> <td>Registration</td> </tr> <tr> <td>14:00 – 14:10</td> <td>Welcoming Remarks</td> </tr> <tr> <td>14:10 – 14:25</td> <td>Skipping performance by elite athletes</td> </tr> <tr> <td>14:25 – 14:50</td> <td>Sharing by elite athletes</td> </tr> <tr> <td>14:50 – 15:00</td> <td>Question and Answer Session</td> </tr> <tr> <td>15:00 – 15:10</td> <td>Break</td> </tr> <tr> <td>15:10 – 16:00</td> <td>Rope skipping activity in groups*</td> </tr> </tbody> </table> <p>* For participants of the on-site sharing session only</p>		Time	Content	13:50 – 14:00	Registration	14:00 – 14:10	Welcoming Remarks	14:10 – 14:25	Skipping performance by elite athletes	14:25 – 14:50	Sharing by elite athletes	14:50 – 15:00	Question and Answer Session	15:00 – 15:10	Break	15:10 – 16:00	Rope skipping activity in groups*
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Remarks:	<ol style="list-style-type: none"> 1. Interested schools may return the completed Application Form (Appendix 2) to the Physical Education Section, EDB by fax (fax no.: 2761 4291) or email (email address: acopecd1@edb.gov.hk) on or before 8 February 2023 (Wednesday). Application(s) with incomplete information will NOT be processed by the EDB. 2. Students who participate in the on-site sharing session will receive a souvenir (“ASAP Speed Rope”). 3. Capacity <ul style="list-style-type: none"> ● On-site Sharing Session: Each school can nominate at most 20 students. ● Online Sharing Session: Each school can nominate at most 50 students. ● Applications will be processed on a first-come, first-served basis 4. For successful applications, teachers-in-charge will receive a notification and the activity details from the EDB via email on or before 10 February 2023 (Friday). Teachers are requested to distribute the related information to the students. 																	

[Please fax or email this form to PE Section, EDB on or before 8 February 2023 (Wednesday)]

“Active Students, Active People” Campaign
Sharing Sessions by Elite Athletes cum Rope Skipping Fun Day
– Rope Skipping into an Active Lifestyle

To: Physical Education Section, Education Bureau
 Fax No.: 2761 4291
 Email: acopecd1@edb.gov.hk

We would like to participate in the following activities and the nomination information is as follows@:

Category	Quota	Number of nominations [#]
1. On-site Sharing Session	20	_____
2. Online Sharing Session	50	_____

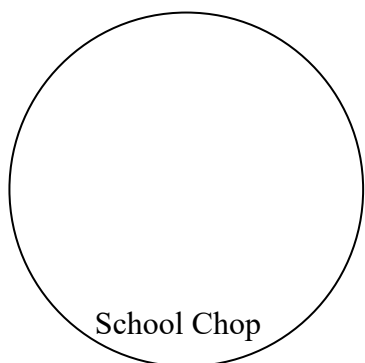
@ Schools may apply for either one category or both.

Please fill in a number.

Name of Teacher-in-charge: Mr / Ms* _____ (English)
 _____ (Chinese)

Contact Tel. No.: _____

Email: _____



School Chop

Signature of Principal: _____

Name of Principal : _____

Name of School : _____

Tel. No. : _____

Fax No. : _____

Date : _____

* Please delete whichever is inappropriate

Professional Network on “Developing an Active and Healthy School Campus”

Application Form

Launched in the 2017/18 school year, the Professional Network on “Developing an Active and Healthy School Campus” aims to provide a platform for professional exchanges and sharing of experience among primary and secondary schools in an effort to assist students in developing an active and healthy lifestyle for achieving the target of WHO’s recommendation on MVPA60. To facilitate the sustainable development of the Professional Network, different workshops, experience sharing sessions and student competitions have been organised under the theme of “Active Students, Active People” since the 2021/22 school year with the aims of supporting schools to formulate active and healthy school policies, develop effective L&T strategies, and promote school sports culture.

Schools interested in joining the Professional Network may return the completed Application Form to the PE Section by fax or email. For enquiries, please contact Mr Daniel NG at 2760 7794 (secondary schools) or Ms Gigi CHO at 2624 4256 (primary schools).

**Please fax (Fax number: 2761 4291) or email (cdope3@edb.gov.hk) to
PE Section, EDB on or before 10 February 2023 (Friday)**

Please tick (✓) the appropriate box(es)

We will join the captioned Professional Network. The related information is as follows:

School Level: Secondary School Primary School

Name of teacher-in-charge: _____ (English) _____ (Chinese)

Post: _____

Teacher-in-charge Contact Tel. No.: _____

Teacher-in-charge Email: _____

*The above teacher-in-charge *agrees/ disagrees to receive information about the Professional Network via the email provided.*

Signature of Principal : _____

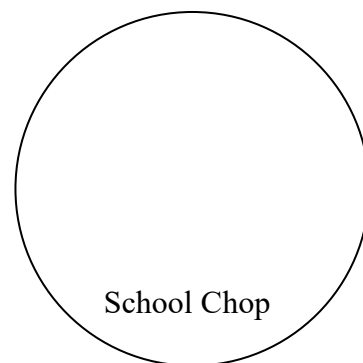
Name of Principal : _____

Name of School : _____









Tel. No. : _____

Fax No. : _____

Date : _____



* Please delete whichever is inappropriate

Key Stage (KS)	Resources and QR code	Photos for reference
KS1 – KS4	<p>Dance and Chinese Culture (Ethnic groups in South and Southeast China) (Chinese version only)</p> <p>A new series of “Dance and Chinese Culture” has been developed to introduce characteristics and dances of the ethnic group in South and Southeast China with dancers wearing costumes for demonstration. It is suitable for teaching and students to extend their learning at home.</p> 	
KS3 – S4	<p>Using Resistance Bands for Muscle Training (Trunk and Lower Limb) (Chinese version only)</p> <p>In collaboration with the Education University of Hong Kong, a new series of presentation materials have been developed with the focuses on trunk and lower limb training. The presentation attached with short videos is suitable for teaching and students to extend their learning at home.</p>   <p>(Trunk) (Lower Limb)</p>	 <p>腹直肌 (初階)</p>  <p>四頭肌 (初階)</p>
KS1 – KS4	<p>Video of “ASAP” Campaign (Chinese version only)</p> <p>Briefing on the implementation of the “ASAP” Campaign.</p> 	  <p>提供多元的學與教策略和資源</p>