

## EDUCATION BUREAU CIRCULAR MEMORANDUM NO. 193/2023

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 : 3 November 2023

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### **MVPA60 Award Scheme (2023/24), Sharing Sessions by Elite Athletes (I) cum Volleyball Exchange Demonstration and Teacher Professional Network on “Developing an Active and Healthy School Campus”**

#### **Summary**

The purpose of this circular memorandum is to inform primary and secondary schools (including special schools) of the latest activities organised 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. Regular participation in physical activity enhances students’ fitness level and cognitive control, and also contributes to their physical and mental health. According to the recommendations of the World Health Organisation (WHO), we encourage schools to provide primary and secondary students with various kinds of physical activities to help them develop a habit of active participation in physical activities, enhance their lifelong interest in sports, and foster positive values and attitudes, thereby assisting them in becoming responsible citizens who contribute to the building of an active and healthy community.

3. To create a better sports ambience in schools, the Education Bureau (EDB) has launched the “ASAP” Campaign to provide continuous support to schools in promoting sports on all fronts through diversified student activities and teacher professional development activities since 2021. In addition, we have developed various learning and teaching resources, such as “Physical Activity Logbook”, presentation materials on demonstration of physical fitness and rope skipping, and educational videos on Wushu and dance by different ethnic groups in our country. These resources aim to consolidate students’ knowledge in physical activities, cultivate positive values and attitudes, and enable them to learn about Chinese culture and develop a sense of national identity through physical education. Relevant information has been uploaded to the “ASAP” Campaign webpage (<https://www.edb.gov.hk/en/pe/asap>).



## **Details**

4. This year, the EDB continues to promote diversified activities, optimise the Teacher Professional Network on “Developing an Active and Healthy School Campus” and develop learning and teaching resources in an effort to support primary and secondary schools in designing and enriching school-based activities according to their students’ needs. Details of the latest activities are as follows:

### **“MVPA60 Award Scheme” (2023/24)**

5. To tie in with the 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 (i.e. MVPA60) across the week, the “MVPA60 Award Scheme” (2023/24) under the “ASAP” Campaign will be organised to help students develop a habit of doing exercise regularly, as well as nurture their positive values and attitudes. Participating students who complete the specified level of physical activities within the period **from December 2023 to April 2024** will receive an individual award. Awards will also be given to those participating schools with active participation. For enrolment details, please refer to **Annex 1**. The deadline for application is on 22 November 2023 (Wednesday).

### **“Sharing Sessions by Elite Athletes (I) cum Volleyball Exchange Demonstration”**

6. The EDB will organise the “Sharing Sessions by Elite Athletes (I) cum Volleyball Exchange Demonstration” on 8 December 2023. Featuring volleyball as the theme, the sharing session will invite active or former members of the Hong Kong, China volleyball team, who are currently serving as physical education teachers, to share their challenges in training and competition, and encourage students to develop various positive values and attitudes, including perseverance, diligence and willingness to accept challenges. They will also introduce the basic knowledge and rules, demonstrate different skills and proceed to an exchange demonstration to enhance students’ knowledge and enjoyment of volleyball. Each student who attends the on-site sharing session will receive an “ASAP Cooling Towel”. For enrolment details, please refer to **Annex 2**. The deadline for application is on 22 November 2023 (Wednesday).

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

7. To tie in with the MVPA60’s recommendation, the EDB has launched a Teacher 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 learning and teaching strategies and enhancing the sports culture in schools. Schools interested in joining the Professional Network may return the completed Application Form (**Annex 3**) to the PE Section, CDI by fax or email on or before 30 November 2023 (Thursday) (Schools that have joined the Professional Network do not need to re-submit the Application Form).

## **Enquiry**

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

Ms WONG Hing-ye, Annie  
for Secretary for Education

c.c. Heads of Sections – for information

## **“Active Students, Active People” MVPA60 Award Scheme (2023/24)**

### **1. Objectives**

The “MVPA60 Award Scheme” (Scheme) aims to encourage students to develop a habit of regularly taking part in physical activities as early as possible in order to achieve 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 (MVPA60) across the week, through which students can cultivate positive values and attitudes such as perseverance and willingness to accept challenges.

### **2. Target**

All primary and secondary students

### **3. Date / Period**

From December 2023 to April 2024

### **4. Method of Recording for the Scheme**

The Scheme adopts the “Physical Activity Logbook” to help students record the amount of physical activity they do every day, the amount of time they spend on physical activity and reflect on it through a weekly chart, in order to develop a habit of regular participation in physical activity. Participating schools can record the progress of activities with the printed or electronic format of the Physical Activity Record Form. Participating schools can make good use of the “Physical Activity Logbook” developed by the PE Section of the CDI or design their school-based teaching materials for students use. For details, please refer to **Appendices 1c** and **1d**. Should schools need to obtain the hardcopy of “Physical Activity Logbook”, please complete the Request Form (**Appendix 1e**) and return it to the PE Section of the CDI.



"Physical Activity Logbook"

### **5. Prizes**

- Individual Award

Students attaining at least 420 minutes of physical activities across the week (60 X 7 = 420 minutes) (whether continuous or cumulative) will receive gold, silver or bronze award certificates (electronic certificates):

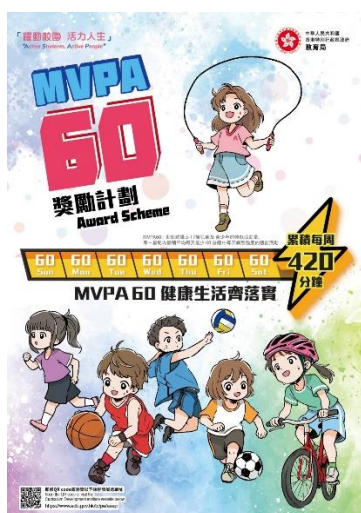
MVPA60 Award	Number of weeks with at least 420 minutes attained
Gold Award	At least 12 weeks
Silver Award	At least 10 weeks
Bronze Award	At least 8 weeks

- Group Award

Award	Prize	Criteria
Active School Award	Trophy	<ul style="list-style-type: none"> <li>• The number of students receiving individual awards reaches 100 and accounts for 70% or above of the total number of participants; and</li> <li>• Submission of a 1-2 minute video capturing the happy moment of students' participation in physical activities, sports atmosphere in school, parent-child physical activities, or other special moments.</li> </ul> <p>(Note: If the total number of students in the school is less than 100, 70% of the total number of students will be counted.)</p>

## 6. Resource Kit for the Scheme

Each participating school will receive a resource kit for the Scheme (including a poster, a banner, a physical activity calendar and a fitness game card set) for promotion and use within and beyond lessons at schools.



## 7. Requirement of Short Video (Applicable to participating schools of Group Award)

- Formats and requirements of the video:
  - The length of the video should be within 2 minutes.
  - The video submitted should be in MP4 format with the resolution of at least 1920×1080 pixels and an aspect ratio of 4:3 or 16:9 horizontally.
- There is no limitation on the video style.

- Consent from students or parents must be sought if they appear in the video(s) submitted.
- Participating schools must ensure that the video does not include any information or content that is obscene, violent, pornographic, defamatory, indecent, disparaging or content that is controversial and inappropriate. Otherwise, the submission will be disqualified.
- The EDB reserves the right to edit, translate, adapt, use, copy, distribute and upload the videos to the Internet without prior consent from the participants. Participating schools, parents and students agree that the copyright of the videos belongs to the EDB. The EDB reserves the right to use the videos (including the school names) in whole or in part for publicity purposes.

## 8. Registration

- Interested schools should complete the Application Form (**Appendix 1a**) and return it to the PE Section of the CDI by fax (Fax no.: 2761 4291) or email (acopecd2@edb.gov.hk) **on or before 22 November 2023 (Wednesday)**. All the applications will be accepted.
- Upon receiving school applications, the EDB will send the relevant information of the Scheme (including the e-version of the learning and teaching resources, record forms for schools and students, awards application form) to the participating schools.

## 9. Submission of Awards Application Form

Participating schools should complete the Awards Application Form (**Appendix 1b**) upon verification of students' record in the Scheme to the PE Section of the CDI by email (cdope1@edb.gov.hk) **on or before 17 May 2024 (Friday)**. Late submissions will not be accepted.

## 10. Log of Important Dates

Date	Events
on or before 22 November 2023 (Wednesday)	Registration Interested schools should complete the Application Form (Appendix 1a) and return it to the PE Section of the CDI by fax (Fax no.: 2761 4291) or email (acopecd2@edb.gov.hk).
December 2023 to April 2024	Implementation of the Scheme
on or before 17 May 2024 (Friday)	Submission of the Awards Application Form (Appendix 1b) and Short Video (if applicable)
June 2024	<ul style="list-style-type: none"> <li>• After verifying the information submitted by schools, the PE Section of the CDI will inform the winning schools by email about the award.</li> <li>• Schools receiving the Active School Award will be invited to attend a prize presentation ceremony.</li> </ul>

**“Active Students, Active People”  
MVPA60 Award Scheme (2023/24)**

**Application Form**

(Return to PE Section, CDI by fax or email on or before 22 November 2023)

To: PE Section, CDI

Fax: 2761 4291

Email: [acopecd2@edb.gov.hk](mailto:acopecd2@edb.gov.hk)

**(Please put a ‘✓’ in the appropriate box)**

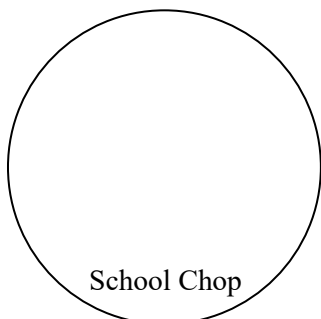
Categories : ☐ Primary School ☐ Secondary School

Name of Teacher-in-charge : \_\_\_\_\_

Email of Teacher-in-charge : \_\_\_\_\_

Intent to Participate :

<b>Proposed Participation in the Awards</b>	<b>Participate (Please “✓” as appropriate)</b>	<b>Remarks</b>
Individual Award		Total number of students in the school: _____
Group Award		<b>Estimated</b> number of participating students : _____



Signature of Principal: \_\_\_\_\_

Name of Principal: \_\_\_\_\_

Name of School: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_

**“Active Students, Active People”  
MVPA60 Award Scheme (2023/24)**

**Awards Application Form**

Please complete and return the **Awards Application Form** to the PE Section of the CDI  
on or before 17 May 2024.

To: PE Section, CDI

Fax: 2761 4291

Email: cdope1@edb.gov.hk

Name of School: \_\_\_\_\_

Name of Principal: \_\_\_\_\_

School Chop:

Signature of Principal: \_\_\_\_\_

Name of Teacher-in-charge : \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_

The Awards Application Form for the “MVPA60 Award Scheme” (2023/24) is hereby submitted with the results summarised as follows: ( **Please “✓” as appropriate** )

Number of Awards	Total number of participating students
Gold Award: _____students	<b>_____Students</b>  <i>(at least 100, unless the total number of students in the school is less than 100)</i>
Silver Award: _____students	
Bronze Award: _____students	
<b>Total number of awards: _____students</b>	
<div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> <b>Date of Submission of the Short Video:</b> _____ / _____ / 2024  <input type="checkbox"/> <b>ASAP Active School Award:</b> _____ %  <i>(Total number of awards / Total number of participating students)</i> </div> </div>	

## “Active Students, Active People” MVPA60 Award Scheme (2023/24)

### Award Scheme Record Method

Schools can record the progress of their students with the following Physical Activity Logbook Record Form, Electronic Record Form or other school-based designs.

#### Physical Activity Logbook Record Form


**體能活動日誌**  
 Physical Activity Log

請在方格內填寫時間 (以分鐘作單位計算) Please fill in the time in each box (in minutes)

年 YEAR	星期一 MON	星期二 TUE	星期三 WED	星期四 THU	星期五 FRI	星期六 SAT	星期日 SUN
日/月 Day/ Month	/	/	/	/	/	/	/
急步行 Brisk Walking							
行樓梯 Climbing the Stairs							
伸展活動 Stretching							
家務 Housework							
體育課 PE Lesson							
體能訓練 Fitness Training							
校隊訓練 Sports Teams Training							
其他 Others							
總時間 Total Time							
達到60分鐘 (Y/N) Attained 60mins (Y/N)							

本星期體能活動總時間: \_\_\_\_\_ 分鐘 (✓達標 / 不達標)  
 Total time in Physical Activities across the week: \_\_\_\_\_ minutes (✓Attained / Failed)  
 \* 達標: 一星期內體能活動時間達420分鐘或以上 (60 x 7 = 420分鐘)  
 \* Attained: Accumulated at least 420 minutes of moderate-to vigorous-intensity physical activities across the week  
 (60 x 7 = 420 minutes)

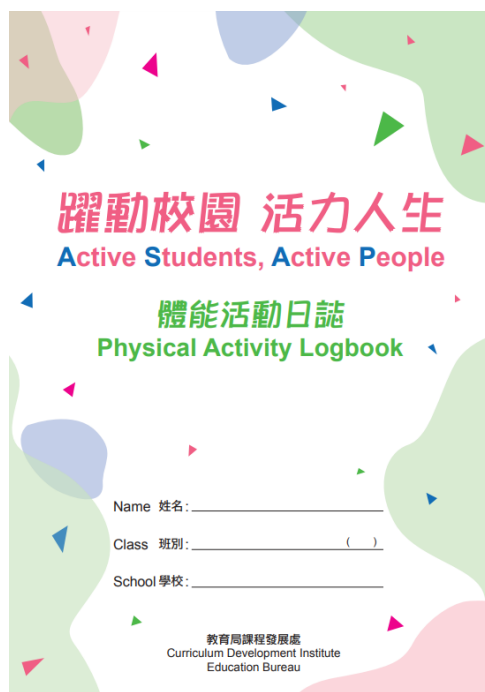
#### Electronic Record Form

	A	B	C	D	E	F	G	H	I	J	K	L	M
1		姓名 (Name):	Chan Tai Man										
2		班別 (Class):	1A										
3													
4		體能活動日誌											
5		Physical Activity Log											
6		世界衛生組織建議, 5-17歲兒童及青少年一星期內, 累積平均每天最少60分鐘中等至劇烈強度的體能活動。(簡稱MVPA60)											
7		The World Health Organisation recommends that children and adolescents aged 5-17 should do at least an average of 60 minutes per day of moderate-to vigorous-intensity physical activity across the week. (i.e. MVPA60)											
8													
9		請在方格內填寫時間 (以分鐘作單位計算) Please fill in the time in each box (in minutes)											
10	星期 Week	日期 (日/月/年) Date (Day/Month/Year)	急步行 Brisk Walking	行樓梯 Climbing the Stairs	伸展活動 Stretching	家務 Housework	體育課 PE Lesson	體能訓練 Fitness Training	校隊訓練 Sports Teams Training	其他 Others	總時間 (分鐘) Total Time (Minutes)	達到60分鐘 Attained 60mins (Y/N)	
11	一 MON	4/9/2023	10	5	5	10	30				60	Y	
12	二 TUE	5/9/2023	5						120		125	Y	
13	三 WED	6/9/2023	10			10					20	N	
14	四 THUR	7/9/2023	5				30				35	N	
15	五 FRI	8/9/2023		50					120		170	Y	
16	六 SAT	9/9/2023			10	10					20	N	
17	日 SUN	10/9/2023						20			20	N	
18		本星期體能活動總時間 (分鐘): Total time in Physical Activities across the week (minutes):										450	
19		本星期達標* (Y/N) Attained this week										Y	
20													
21		* 達標: 一星期內體能活動時間達420分鐘或以上 (60 x 7 = 420分鐘)											
22		* Attained: Accumulated at least 420 minutes of moderate-to vigorous-intensity physical activities across the week (60 x 7 = 420 minutes)											



## “Active Students, Active People” Physical Activity Logbook

Schools can make good use of the Physical Activity Logbook (extracts below) to encourage students to record the level of their daily physical activities, review their time spent on physical activities and reflect on how to improve their fitness level so as to help them develop a habit of doing exercise regularly. ([https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/PA\\_Logbook.pdf](https://www.edb.gov.hk/attachment/tc/curriculum-development/kla/pe/asap/PA_Logbook.pdf))



### 躍動校園 活力人生

Active Students, Active People

### 體能活動日誌

Physical Activity Logbook

Name 姓名: \_\_\_\_\_

Class 班別: \_\_\_\_\_ ( )

School 學校: \_\_\_\_\_

教育局課程發展處  
Curriculum Development Institute  
Education Bureau

### 體能活動例子

Examples of Physical Activities

<b>原地開合</b> Jumping jacks  10次 times 3組 sets	<b>臀橋</b> Glute bridge  10次 times 3組 sets	<b>空中飛人</b> Superman stretch  10次 times 3組 sets
<b>側彎腰</b> Side crunch  10次 times 3組 sets	<b>捲腹伸腿</b> Crunch kicks  8次 times 3組 sets	<b>跨步</b> Lunges  8次 times 3組 sets
<b>高抬腿</b> High knees  20次 times 3組 sets	<b>深蹲</b> Squats  8次 times 3組 sets	<b>手碰腳踝</b> Heel touches  10次 times 3組 sets
<b>登山者</b> Mountain climbers  20次 times 3組 sets	<b>臥姿抬腿</b> Lying leg raises  10次 times 3組 sets	<b>仰臥上下擺腿</b> Flutter kicks  20次 times 3組 sets

\* 學生應因應個人的健康及體能狀況，選擇適合自己的活動強度、時間及次數。  
The intensity, duration and frequency of exercises should be arranged according to students' personal health and fitness conditions.

### 體能活動日誌

Physical Activity Log

世界衛生組織建議：5-17歲兒童及青少年一星期內，累積平均每天最少60分鐘中等至劇烈強度的體能活動。（簡稱MVPA60）  
The World Health Organisation recommends that children and adolescents aged 5-17 years should do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity across the week. (i.e. MVPA60)

請在方格內填寫時間（以分鐘作單位計算） Please fill in the time in each box (in minutes)

年 YEAR	星期一 MON	星期二 TUE	星期三 WED	星期四 THU	星期五 FRI	星期六 SAT	星期日 SUN
日/月 Day/ Month	/	/	/	/	/	/	/
急步行 Brisk Walking	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
行樓梯 Climbing the Stairs	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
伸展活動 Stretching	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
家務 Housework	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
體育課 PE Lesson	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
體能訓練 Fitness Training	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
校隊訓練 Sports Teams Training	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
其他 Others	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
總時間 Total Time	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min	分鐘 min
達到60分鐘 (Y/N) Attained 60mins (Y/N)							

本星期體能活動總時間：\_\_\_\_\_分鐘（“達標”/不達標）  
Total time in Physical Activities across the week: \_\_\_\_\_ minutes (“Attained” / Failed)


\* 達標：一星期內體能活動時間達420分鐘或以上（60 x 7 = 420分鐘）  
\* Attained: Accumulated at least 420 minutes of moderate- to vigorous-intensity physical activities across the week (60 x 7 = 420 minutes)

### 反思 SELF-REFLECTION

你可以以文字、圖畫、相片等不同方式反思自己在這星期的表現，並為下一個月訂立目標。  
You can reflect your weekly performance through various forms such as text, drawings, photos, and set a target for the next month.

達標或暫未達標的原因及感受  
Reasons and feelings for attaining or not attaining the target

欣賞自己的範疇  
The things that you appreciate yourself



突破自我極限的方法很簡單，就是好好訓練。  
——蘇炳添(短跑)

**“Active Students, Active People”  
Request Form for “Physical Activity Logbook”**

To: PE Section, CDI

Fax : 2761 4291

Email: acopecd2@edb.gov.hk

Our school is interested in requesting

Physical Activity Logbook ( Size of each Logbook: 210mm x 148mm x 3mm; 78g )	_____copies*
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Name of School: \_\_\_\_\_

Name of Principal: \_\_\_\_\_

School Chop:

Signature of Principal: \_\_\_\_\_

Name of Teacher-in-charge : \_\_\_\_\_

Contact Number: \_\_\_\_\_

Fax Number: \_\_\_\_\_

Date: \_\_\_\_\_

*\*The Physical Activity Logbook is available on a first-come, first-served basis, while stocks last.*

------(For official use only) -----

**Letter of Collection for “Physical Activity Logbook”**

☐ We confirm your school’s application. Please arrange for a representative to bring this letter of collection to the PE Section, Education Bureau to pick up the copies<sup>#</sup>.

Address: Physical Education Section, Education Bureau, 3/F 323 Java Road, North Point, Hong Kong

Office Hours: From 9:00 a.m. to 12:00 noon and 2:30 p.m. to 5:00 p.m.

Monday to Friday (except Saturdays, Sundays and Public Holidays)

Contact Number: 2762 2538 (Ms LAU)

Physical Education Section  
Education Bureau

# Please bring your own large bag or trolley.

**“Active Students, Active People” Campaign  
Sharing Sessions by Elite Athletes (I) cum  
Volleyball Exchange Demonstration**

Activity Mode:	Hybrid mode (Sharing Sessions and Demonstration will be held on-site and online simultaneously.)	
Target Participants:	Primary and secondary school students	
Date:	8 December 2023 (Friday)	
Time:	14:00 to 16:00	
Venue:	Indoor Gymnasium, Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School (Address: 6 On Muk Lane, Shek Mun, Shatin, N.T.)	
Language Medium:	Cantonese	
Capacity:	On-site Sharing Session: 120 (A quota of 60 will be allocated for each primary and secondary school category.) Online Sharing Session: 1 000 (A quota of 500 will be allocated for each primary and secondary school category.)	
Content:	The sharing session will be led by active or former members of the Hong Kong, China volleyball team, who are currently serving as physical education teachers. They will introduce the basic knowledge and rules, demonstrate different skills and proceed to an exchange demonstration to enhance students' knowledge and enjoyment of volleyball. They will also 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.	
Programme:	<b>Time</b>	<b>Content</b>
	13:50 – 14:00	Registration
	14:00 – 14:05	Welcome Remarks
	14:05 – 14:35	Sharing by elite athletes
	14:35 – 14:45	Break
	14:45 – 15:50	Volleyball Practice Experience and Exchange Demonstration* (including the introduction of basic knowledge and rules)
	15:50 – 16:00	Conclusion
	* A limited quota will be available for students to participate in the exchange demonstration on-site. Details will be announced in due course.	
Remarks:	<ol style="list-style-type: none"> <li>Interested schools may return the completed Application Form (<b>Appendix 2a</b>) to the Physical Education Section, CDI by <b>fax</b> (fax no.: 2761 4291) or <b>email</b> (email address: cdope3@edb.gov.hk) <b>on or before 22 November 2023 (Wednesday)</b>. Application with incomplete information will NOT be processed by the EDB.</li> <li>Capacity <ul style="list-style-type: none"> <li>On-site Sharing Session: Each school can nominate <b>at most 6 students</b>.</li> <li>Online Sharing Session: Each school can nominate <b>at most 80 students</b>.</li> <li>Applications will be processed on a first-come, first-served basis</li> </ul> </li> <li>For successful applications, the teacher-in-charge will receive a <b>notification and details of the activity from the EDB via email on or before 29 November 2023 (Wednesday)</b>. Teachers are requested to distribute the related information to the participating students.</li> </ol>	

[Please fax or email this form to PE Section, CDI on or before 22 November 2023 (Wednesday)]

**“Active Students, Active People” Campaign  
Sharing Sessions by Elite Athletes (I) cum  
Volleyball Exchange Demonstration**

**Application Form**

To: PE Section, CDI

Fax : 2761 4291

Email: cdope3@edb.gov.hk

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

Category	Quota	Number of nominations <sup>#</sup>
1. On-site Sharing Session	6	_____
2. Online Sharing Session	80	_____

@ Schools may apply for one category or both.

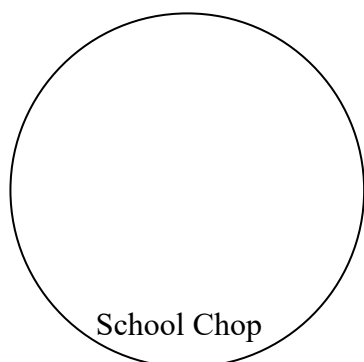
# Please fill in a number.

Name of Teacher-in-charge: Mr / Ms\* \_\_\_\_\_ (English)

\_\_\_\_\_ (Chinese)

Contact Tel. No.: \_\_\_\_\_

Email: \_\_\_\_\_



Signature of Principal : \_\_\_\_\_

Name of Principal : \_\_\_\_\_

Name of School : \_\_\_\_\_

Tel. No. : \_\_\_\_\_

Fax No. : \_\_\_\_\_

Date : \_\_\_\_\_

\* Please delete whichever is inappropriate

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

### Application Form

Launched in the 2017/18 school year, the Teacher 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, thereby 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 to support schools in formulating active and healthy school policies, developing effective L&T strategies, and promoting 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, CDI on or before 30 November 2023 (Thursday)**

Please tick (✓) the appropriate box(es)

☐ We will join the captioned Teacher 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 : \_\_\_\_\_

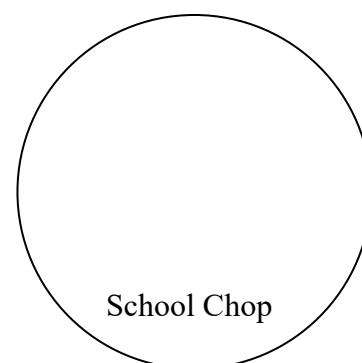
Name of Principal : \_\_\_\_\_

Name of School : \_\_\_\_\_

Tel. No. : \_\_\_\_\_

Fax No. : \_\_\_\_\_

Date : \_\_\_\_\_



\* Please delete whichever is inappropriate.