



ELCHK Lutheran Secondary School

Parent's Notice 23061 'sportACT Award Scheme – "Teen Teen Healthy"' (eNotice)

3/7/2024

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Dear Parents/Guardians,

sportACT Award Scheme – "Teen Teen Healthy" (Applicable to S.1 to S.3)

1. Background

sportACT Award Scheme (sportACT) aims to encourage students to set their sports participation plan, participate in physical activities regularly, and to establish an active and healthy lifestyle. Participating students will actively engage in physical activities over a period of eight consecutive weeks. The meaning of sportACT is to allow students to develop their awareness of sports (Awareness). They then choose (Choice) sports that suit them, set goals for engaging in sports (Target), and finally put them into practice (ACT). Hence, students can improve their mental and physical health by participating in sport. For details, please see the link below or scan the QR code on the right:



https://www.lcsd.gov.hk/en/ssp/sports_award/sportACT/sportACT_main.html

2. Purposes

Students are encouraged to engage in sports regularly and make it a daily habit. They should choose the sport according to their interests and physical fitness. Then, they should set their targets, play the sports or undertake training in order to improve their performance. Students are expected to improve their mental health and physical condition through sporting activities

3. Target: S.1- S.3 students (2023/24)

4. Period: 7/7 - 31/8/2024

5. Method

5.1 Students and parents are reminded to sign the Student Charter as confirmation of participation.

5.2 Students should select suitable physical fitness training activities according to their physical condition and advice from teachers or coaches. They should plan their personal training schedule and set goals. They should keep a Sports Diary in which they record their daily exercise record and count the number of exercise days per week to reach the target. Qualified persons such as parents, teachers or coaches are required to sign for verification. For details of the Student's Sports Diary, please see Attachment.

5.3 Students may apply for awards if they can meet the criteria regarding the number of physical activities stated, within the 8 consecutive weeks. They are required to submit their Sports Diary to the Physical Education teachers in the first PE lesson of the next school year, no matter they join the scheme or not.

5.4 Those who can meet the criteria will be rewarded.

Should you have any enquiries, please contact Ms. Wong, the Head of the Physical Education Department on 27802291.

Please submit the reply slip to the class teacher by 5/7 (Fri).

Yours faithfully

Mr. Liang Kwun Fan
Principal



ELCHK Lutheran Secondary School

(Reply Slip) Parent's Notice 23061 'sportACT Award Scheme – "Teen Teen Healthy"' (eNotice)

[Submit the Reply Slip to class teacher by 5/7]

Dear Principal,

I have read and understood the information in this notice.

Student's Name: _____

Parent's Signature: _____

Class: _____ ()


Parent's Name: _____



Criteria for Awards



Students may apply for a certificate if they meet the following criteria in terms of amount of physical activities* within any 8 consecutive weeks:

	For Primary and Secondary Schools (Including Schools for Social Development)	For Special Schools (Except Schools for Social Development)
Gold Award	At least 60 minutes everyday	At least 30 minutes everyday
Silver Award	At least 60 minutes a day in total cumulatively for at least 4 days a week	At least 30 minutes a day in total cumulatively for at least 4 days a week
Bronze Award	At least 60 minutes a day in total cumulatively for at least 3 days a week	At least 30 minutes a day in total cumulatively for at least 2 days a week
Notes	<ol style="list-style-type: none"> Students should meet the criteria in at least 6 weeks in the 8-week span; The time spent on actual physical activities during physical education lessons under the supervision of a teacher also counts; It is recommended that the physical activities be of moderate[^] intensity or above; Each exercise session should last for at least 20 minutes. 	<ol style="list-style-type: none"> Students should meet the criteria in at least 6 weeks in the 8-week span; The time spent on actual physical activities during physical education lesson under the supervision of a teacher also counts; Students should participate in extra-curricular physical activities at least once a week under the supervision of teachers, coaches or family members; It is recommended that the physical activities be of moderate[^] intensity or above, although the duration of active participation is more important than the intensity of physical exercise. Guardians should choose the right type and amount of exercise for students according to their physical conditions; Each exercise session should last for at least 20 minutes.
	* Physical activities include planned physical fitness training and activities, such as housework, stairs climbing, brisk walking during commuting, hiking and pet-walking.	
	[^] Physical activities of moderate intensity should cause sweating, increased heart rate and depth of breathing.	

Declaration on Meeting the Target

Final Result:

I have met the target for _____ days a week for _____ weeks in total.

(Students have to meet the target for at least 6 weeks to qualify for the award.)

I declare that I have completed the 8-week sports plan as stated in the Charter and met the requirement for the award of:
(Please put a "√" next to the level achieved)

- Gold**
 Silver
 Bronze

Signature of Student: _____ Date: _____

Signature of Certifying Person: _____ Date: _____

Signature of Teacher-in-charge: _____ Date: _____

Organised by
Leisure and Cultural
Services Department

學校體育推廣計劃
SCHOOL SPORTS PROGRAMME

Co-organised by
Education Bureau
Supported by
Department of Health



sportACT Award Scheme



Personal Particulars

Name of Student: _____ Sex: _____ Male / Female _____

Date of Birth: _____ / _____ / _____ (DD/MM/YY) Class: _____

Name of School: _____ Student no.: _____

Students of primary, secondary and special day schools may enroll in the scheme through their schools.

Student Charter

I hereby pledge that I will participate in the "sportACT Award Scheme" organised by the Leisure and Cultural Services Department and co-organised by the Education Bureau. I will exert myself to do more exercise. With the Gold/Silver/Bronze Award as my goal, I will work out according to the criteria in terms of exercise frequency and amount during the eight weeks between _____ / _____ / _____ (DD/MM/YY) and _____ / _____ / _____ (DD/MM/YY) so as to meet the requirement for the relevant award.

Signature of Student: _____ Signature of Witness: _____

(The witness should be one of the certifying persons listed below.)

Date: _____ Date: _____

Particulars of certifying person(s)

(There should be a minimum of 1 and a maximum of 4 certifying persons.)

Certifying person	Name	Relationship with student (e.g. parent, teacher, coach, etc.)	Specimen signature
1			
2			
3			
4			

Declaration on Participation of the Scheme

(To be signed by a parent/guardian or an authorised person of applicants aged below 18)

I hereby declare that I agree that _____ (name of student) will participate in the "sportACT Award Scheme" in the _____ year, and that he/she is healthy, physically fit and suitable for the activities.

Name of Parent/Guardian or Authorised Person: _____

Signature: _____ Date: _____



sportACT Award Scheme – Student’s Sports Diary



Please put a “√” in the box next to the activity of moderate intensity or above you have done for a continuous 20 minutes.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Total	
1	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Number of days in the week with the target met: _____ days Certified by: _____
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Item	A Extra-curricular physical activities after school	B Activities at home	C Activities at school	D Physical activities
Examples	<ul style="list-style-type: none"> ● Badminton course ● Swimming ● Playing Tennis with friends ● Others (Please specify) 	<ul style="list-style-type: none"> ● Housework ● Fitness activities ● Rope skipping ● Stretching exercises ● Others (Please specify) 	<ul style="list-style-type: none"> ● Exercise at recess ● Exercise at lunch break ● Morning exercise ● Physical education lesson ● Others (Please specify) 	<ul style="list-style-type: none"> ● Brisk walking during commuting ● Stairs climbing ● Pet-walking ● Playing in the playground ● Hiking ● Others (Please specify)



sportACT Award Scheme – Student’s Sports Diary



Please put a “√” in the box next to the activity of moderate intensity or above you have done for a continuous 20 minutes.

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Criteria for Awards

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Silver Award	At least 60 minutes a day in total cumulatively for at least 4 days a week	At least 30 minutes a day in total cumulatively for at least 4 days a week
Bronze Award	At least 60 minutes a day in total cumulatively for at least 3 days a week	At least 30 minutes a day in total cumulatively for at least 2 days a week