

Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School

Active and Healthy School Campus Policy

Background:

The Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary and Primary School is the first secondary and primary through-train school affiliated to a university in Hong Kong. The 12-year through-train school has been the vision of the Hong Kong Baptist University since 1990s.

Our Mission is to provide quality education based on Christian heritage and concern for others. Students will explore their potential in an environment where East meets West, giving them the best of both cultures. We mentor our students, fostering their personal growth to encourage initiative, positive attitudes, individuality and creativity, providing a basis for lifelong learning.

The School's Physical Education (PE) curriculum aims to develop both the physical and psychological aspects simultaneously for both our primary and secondary students. From Grade 1 to Grade 12, we have a total of 60 classes and around 1800 students. We provide a safe and interesting environment including indoor and outdoor playground, Dance room, A-Fitness Challenge Zone and Frank & Annie Fu Fitness Centre, Jogging track, Atrium and Hall for our students to learn to be creative, collaborative, sociable and competitive, and to face different challenges as individuals and in groups or teams.

Methods and Activities :

1. Morning Run: To establish regular aerobic activity to improve health

7:30 – 8am: Athletics & Cross-country team members and HKDSE PE students to run with teachers and parents.

2. School-based Fitness Programme

4 fitness tests (Sit-ups, Handgrip Strength Test, Sit & Reach and 9 minutes run), to be practiced regularly and assessed twice a year in order to develop students' self-awareness and striving for improvement.

3. Comprehensive PE Curriculum

3.1 Wide range of sport activities to be offered in each grade and different kinds of new sport experiences to be conducted in different grades to broaden their horizons such as Golf, Tennis, Rope Skipping, Softball, Sport Climbing, etc.

3.2 Individual Skills Assessment and Group Performance Assessment

3.3 Sports Education Model for Basketball Unit

3.4 Grade 9 Rope Skipping Performance

- Self-directed practices
- Group tasks: Preparation video and worksheet
- Group performance with self-arranged music and combination of rope skipping skills

4. Exercise time out of PE lessons

4.1 Use of sports equipment and facilities during lunch and after school:
Basketball, Table Tennis, Rope Skipping, etc.

4.2 Lunch Recess Sports Activities :
Health Day Activities

Inter-Chamber Competition organized by Student Union or School Teams
Basketball, Futsal, Volleyball, etc.

4.3 Opening of Fitness Centre and Award Scheme :

On duty by PE teachers and HKDSE PE students: To provide support and guidance to users on how to use the aerobic and strength training equipment correctly.

Students who exercise twice a week for 6 and 8 weeks in Term 1 & 2 respectively will be awarded bonus marks in PE subject.

5. Whole School Sports Events

5.1 Aquatic Meet : All G7 & 8 Students must participate in at least one event, normal event or kickboard race, PS swimmers will join the C Grade Competition

5.2 Athletic Meet : All students must join at least one event for their chambers, senior grade students can also participate as officials and helpers.

MVPA60Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Before Assembly	PS & SS 30 mins Morning Run (Once a week)				
Recess	Rope skipping & Table tennis (5-10 mins)				
Lessons	1 Double lessons per week, 40 minutes per lesson				
Lunch Recess or After School	Basketball, Table tennis, Volleyball (30 mins) School Team extra training (40 mins) Inter Chamber Competition (Futsal, Basketball, Volleyball) (30mins) Rope skipping (30 mins) Table tennis (30 mins) Fitness Training @ Fitness centre (30 mins) Jogging @ jogging track (30 mins)				
Newly introductory sports	Golf, Tennis, Bowling, Sports Climbing, Rope Skipping Performance				
OLE Teams & Activities	Athletics & Cross-country, Badminton Fencing, Table tennis, Tennis, Trampoline (120 mins, once a week) Basketball, Soccer, Softball, Volleyball (120 mins, Twice a week)				
Extended learning	Online Worksheets, Google Classroom, Fitness Training Log Book, Watching Inter School Sports Competition, Fitness Centre Duty				
Home School Activities	1. Home School Sports Games Day (Badminton, Basketball, Dodgeball) 2. Staircase Running Competition 3. External Sports events and competitions				