

“Active Students, Active People” MVPA60 Award Scheme (2025/26)

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 2025 to May 2026

4. Method of Recording for the Scheme

Participating schools could adopt the “Physical Activity Logbook” model to assist students in recording their daily physical activity, the duration of participation and personal reflections via a weekly chart, in order to develop a habit of regular engagement in physical activities. Schools may utilize the printed and electronic versions of the “Physical Activity Logbook” developed by the PE Section of the CDI, or create their own school-based materials for student use. For details, please refer to **Appendices 6d and 6e**.



“Physical Activity Logbook”

5. Prizes

•Individual Award

Students attaining at least 420 minutes of physical activities across the week ($60 \times 7 = 420$ 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	<ol style="list-style-type: none"> Submission of a summary report for at least two sports events organized or participated in by the school during the 2025/26 school year (such as athletics meet, swimming gala, sports carnival, inter-school sports competition, activities under the “ASAP” Campaign, or any other school-wide PE activities); and The number of students receiving individual awards reaches 200 or accounts for at least 70% of the total number of participants.

6. Resource Kit for the Scheme

Each participating school will receive a resource kit for the Scheme (including a poster and a banner) for promotion within and beyond lessons at schools.



7. Registration

- Interested schools should complete the Application Form (**Appendix 6a**) and return it to the PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope1@edb.gov.hk) **on or before 21 November 2025 (Friday)**. Schools may also scan the QR code on the Appendix 6a to fill in the online application. All applications will be accepted.
- Upon receiving school applications, the EDB will send relevant information about the Scheme (including the e-version of the learning and teaching resources and the awards application form) to the participating schools within ten working days.

8. Submission of Awards Application Form

Participating schools should complete the Awards Application Form (**Appendix 6b**) and, if applicable, the Summary Report (**Appendix 6c**) upon verification of the relevant records to the PE Section of the CDI by email (cdope1@edb.gov.hk) **on or before 29 May 2026 (Friday)**. Late submissions will not be accepted.

9. Photo/Video Requirements

- If any photos/videos include general shots of individual students or parents, the prior consent of the participants should be obtained.
- The photos/videos should not include any elements violating the Ordinances of the HKSAR. The materials concerned must not be political, obscene, violent, pornographic, defamatory, indecent, insulting, or any other controversial and inappropriate content. The EDB has the right to reject any inappropriate or non-compliant entries without meeting the theme and specifications of the scheme.
- The EDB reserves the right to edit, translate, add subtitles, reproduce, compile, and disseminate the submitted works across various media channels without prior consent from participating units. Schools, students and their parents acknowledge and agree to assign the copyright of their photos/videos to the EDB. The EDB is permitted to upload all or part of the photos/videos (including the name of the school) for promotional purposes.

10. Log of Important Dates

Date	Events
On or before 21 November 2025 (Friday)	Registration: Interested schools should complete the Application Form (Appendix 6a) and return it to the PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope1@edb.gov.hk).
December 2025 to May 2026	Implementation of the Scheme
On or before 29 May 2026 (Friday)	Submission of the Awards Application Form (Appendix 6b) and (Appendix 6c) (if applicable)
June 2026	After verifying the information submitted by schools, the PE Section of the CDI will inform the winning schools by email about the award.

**“Active Students, Active People”
MVPA60 Award Scheme (2025/26)**

Application Form

If your school is interested in joining the scheme, please **either** scan the QR code on the right for self-registration or fill out the registration form and submit it to the PE Section of the CDI by fax or email **on or before 21 November 2025.**

To: PE Section, CDI

Fax: 2761 4291

Email: cdope1@edb.gov.hk

(Please put a “✓” in the appropriate box)

Categories : ☐ Primary School ☐ Secondary School

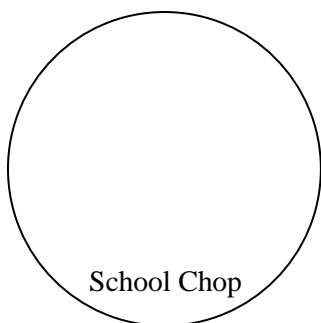
Name of Teacher-in-charge : _____

Email of Teacher-in-charge : _____

Intent to Participate :



Awards	Entry (Please “✓” as appropriate)	Remarks
Individual Award		Total number of students in the school: _____
Group Award (Active School Award)		Estimated number of participating students : _____



Signature of Principal: _____

Name of Principal: _____

Name of School: _____

Contact Number: _____

Date: _____

**“Active Students, Active People”
MVPA60 Award Scheme (2025/26)**

Awards Application Form

Please upload to the designated website provided in the confirmation email
on or before 29 May 2026.

To: PE Section, CDI

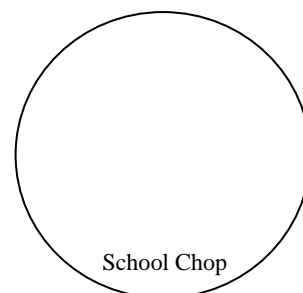
Fax: 2761 4291

Email: cdope1@edb.gov.hk

Name of School: _____

Name of Principal: _____

Signature of Principal: _____



The Awards Application Form for the “MVPA60 Award Scheme” (2025/26) is hereby submitted with the results summarised as follows: **(Please “✓” as appropriate)**

Individual Awards	Group Award (Active School Award)
Gold Award : _____ Students	<input type="checkbox"/> The school has organized or participated in <u>at least two</u> sports events within the 2025/26 school year and submitted a summary report (Appendix 6c). <input type="checkbox"/> The number of students receiving individual awards reaches 200 (See B. in the left column) or accounts for 70% of the total number of participants (See C. in the left column).
Silver Award : _____ Students	
Bronze Award : _____ Students	
A. Total Number of Participants: _____ Students B. Total Number of Awardees : _____ Students C. Percentage of Awardees: _____ %	

“Active Students, Active People”
MVPA60 Award Scheme (2025/26)
Summary Report (For Applying Group Awards)

Please upload to the designated website provided in the confirmation email
on or before 29 May 2026.

① ^	Category :	** <input type="checkbox"/> Organizing / <input type="checkbox"/> Participating in Sports Events ** <input type="checkbox"/> Athletics Meet / <input type="checkbox"/> Swimming Gala / <input type="checkbox"/> Sports Carnival / <input type="checkbox"/> Inter-school Sports Competition / <input type="checkbox"/> Activities under the “ASAP” Campaign / <input type="checkbox"/> Other School-wide PE Activities
	Event Name :	
	Date of Event :	
	Number of Participants :	
	Event Summary :	
<p><u>Photo/Video</u></p> <p>(Please upload the video directly to the designated website)</p>		
<p>(Simple description)</p>		

^All information in the form must be completed.

*Submissions may include more than two activities/events.

#Please tick the appropriate item.

“Active Students, Active People”
MVPA60 Award Scheme (2025/26)
Summary Report (For Applying Group Awards)

Please upload to the designated website provided in the confirmation email
on or before 29 May 2026.

② [^]	Category :	** <input type="checkbox"/> Organizing / <input type="checkbox"/> Participating in Sports Events ** <input type="checkbox"/> Athletics Meet / <input type="checkbox"/> Swimming Gala / <input type="checkbox"/> Sports Carnival / <input type="checkbox"/> Inter-school Sports Competition / <input type="checkbox"/> Activities under the “ASAP” Campaign / <input type="checkbox"/> Other School-wide PE Activities
	Event Name :	
	Date of Event :	
	Number of Participants :	
	Event Summary :	
<p><u>Photo/Video</u></p> <p>(Please upload the video directly to the designated website)</p>		
<p>(Simple description)</p>		

[^]All information in the form must be completed.

*Submissions may include more than two activities/events.

#Please tick the appropriate item.

“Active Students, Active People”
MVPA60 Award Scheme 2025/2026
Summary Report (For Applying Group Awards)

Sample 1

Category :	** <input checked="" type="checkbox"/> Organizing / <input type="checkbox"/> Participating in Sports Events ** <input type="checkbox"/> Athletics Meet / <input checked="" type="checkbox"/> Swimming Gala / <input type="checkbox"/> Sports Carnival <input type="checkbox"/> Inter-school Sports Competition / <input type="checkbox"/> Activities under the “ASAP” Campaign / <input type="checkbox"/> Other School-wide PE Activities
Event Name :	The 35th Swimming Gala
Date of Event :	10th February 2026
Number of Participants :	Whole School Participation (Around 600 students)
Event Summary :	The purpose of hosting the swimming gala is to promote a healthy lifestyle and help participants develop their hobbies and talents. Through competition, we encourage enjoyment and enhance communication and understanding. It also aims to foster interests and skills in appreciating aesthetic and physical activities, leading to balanced physical and mental development.

Sample 2

Category :	** <input type="checkbox"/> Organizing / <input checked="" type="checkbox"/> Participating in Sports Events ** <input type="checkbox"/> Athletics Meet / <input type="checkbox"/> Swimming Gala / <input type="checkbox"/> Sports Carnival <input type="checkbox"/> Inter-school Sports Competition / <input checked="" type="checkbox"/> Activities under the “ASAP” Campaign / <input type="checkbox"/> Other School-wide PE Activities
Event Name :	“ASAP” Campaign – Sharing Sessions by Elite Athletes cum Exchange Demonstration
Date of Event :	11th December 2025
Number of Participants :	300 Students (including online participants)
Event Summary :	Through the sharing of elite athletes, students are allowed to understand their challenges in training and competitions. Students are encouraged 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. The introduction of basic knowledge and rules, skill demonstrations and the exchange activities are included in the sharing session.

“Active Students, Active People” MVPA60 Award Scheme (2025/26)

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							
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

Electronic Record Form

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 should accumulate 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)										
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)
一 MON										0
二 TUE										0
三 WED										0
四 THUR										0
五 FRI										0
六 SAT										0
日 SUN										0
本星期體能活動總時間（分鐘）： Total time in Physical Activities across the week (minutes):										0
本星期達標* (Y/N) Attained this week										N

“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)

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

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

欣賞自己的成就
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)