

“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):

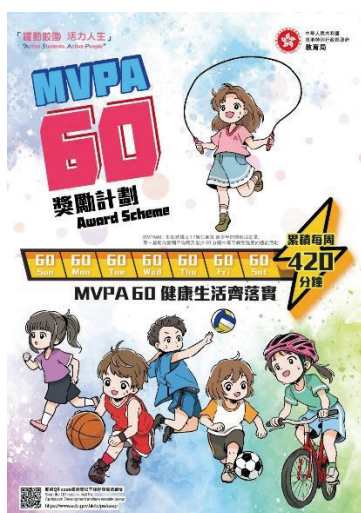
MVPA60 Award	Number of weeks with at least 420 minutes attained
Gold Award	At least 12 weeks
Silver Award	At least 10 weeks
Bronze Award	At least 8 weeks

- Group Award

Award	Prize	Criteria
Active School Award	Trophy	<ul style="list-style-type: none"> • The number of students receiving individual awards reaches 100 and accounts for 70% or above of the total number of participants; and • 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. <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"> • After verifying the information submitted by schools, the PE Section of the CDI will inform the winning schools by email about the award. • Schools receiving the Active School Award will be invited to attend a prize presentation ceremony.

**“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

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

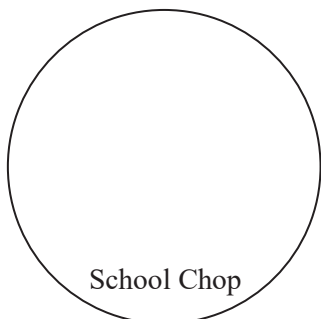
Categories : Primary School Secondary School

Name of Teacher-in-charge : _____

Email of Teacher-in-charge : _____

Intent to Participate :

Proposed Participation in the Awards	Participate (Please “✓” as appropriate)	Remarks
Individual Award		Total number of students in the school: _____
Group 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 (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	_____Students <i>(at least 100, unless the total number of students in the school is less than 100)</i>
Silver Award: _____students	
Bronze Award: _____students	
Total number of awards: _____students	
<input type="checkbox"/> Date of Submission of the Short Video: ____ / ____ / 2024 <input type="checkbox"/> ASAP Active School Award: _____% <i>(Total number of awards / Total number of participating students)</i>	

“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

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										
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		
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)

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 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	/	/	/	/	/	/	/
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

你可以文字、圖畫、相片等不同方式反思自己在這星期期的表現，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

欣賞自己的細節
The things that you appreciate yourself

突破自我極限的方法很簡單，就是好好訓練。
- 蘇煥詠 (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[#].

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.