

“Active Students, Active People” Campaign Exciting Asian Games – Vitality Fitness Walking / Running / Skipping Challenge cum MVPA60 Award Scheme

Aims / Objectives

This is to encourage primary and secondary schools students to participate in the captioned challenge cum award scheme.

Details

2. To further engage students in developing an active and healthy lifestyle, the Education Bureau (EDB) has launched the “Active Students, Active People” (“ASAP”) Campaign to rally the concerted efforts of schools, families and different stakeholders in society for promoting an optimised sports atmosphere in schools and encouraging students to engage in regular exercises as soon as possible.

3. The 19th Asian Games Hangzhou 2022 (Hangzhou 2022) will be held from 23 September to 8 October 2023. In support of this major sporting event, EDB has developed a fun race of “Exciting Asian Games – Vitality Fitness Walking / Running / Skipping Challenge” (Challenge) to enhance students’ understanding of the Asian Games and their sense of national identity. Participating students who complete specified tasks within the period **from 3 July to 27 August 2023 (8 weeks in total)** will receive an individual award under the MVPA60¹ Award Scheme. Awards will also be given to those participating schools with active participation rate. For details, please refer to [Appendix 12a](#).

4. Interested schools should submit the completed Application Form ([Appendix 12b](#)) and return it to Physical Education (PE) Section of the CDI by fax or email **on or before 21 June 2023 (Wednesday)**.

Contact Person

5. For enquiries, please contact Ms Abby LAU of the Physical Education Section, Curriculum Development Institute, Education Bureau on 2762 2538.



¹ Accumulation of at least an average of 60 minutes daily of moderate- to vigorous-intensity physical activities (i.e. MVPA60) across the week.

**“Active Students, Active People” Campaign
Exciting Asian Games – Vitality Fitness Walking / Running / Skipping
Challenge cum MVPA60 Award Scheme**

1. Objectives

- To enhance students’ understanding of the Asian Games and connecting together through the slogan “Heart to Heart, @Future” of the Hangzhou 2022 to spread joy and hope;
- To help students develop a habit of doing exercise regularly through various physical activities such as walking, running and rope skipping to tie in with the World Health Organisation’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 activity (MVPA60) across the week;
- To promote a sense of national identity and cultivate students’ positive values and attitudes such as perseverance and willingness to accept challenges.

2. Categories

Primary Schools and Secondary Schools

3. Eligibility

Students of primary and secondary schools

4. Challenge Period

3 July (Monday) to 27 August 2023 (Sunday) (A total of 8 weeks)

5. Awards

- Individual Challenge Award
Students attaining the standard as specified will receive gold, silver or bronze level award certificates (electronic certificate). For details, please refer to paragraph 6.
- Group Challenge Awards
Two awards namely “Supreme Outstanding Participation Award” and “Outstanding Participation Award” will be presented to participating schools with active participation rate. The criteria are as follows:

Award	Prize	Criteria
Supreme Outstanding Participation Award	Trophy	<ul style="list-style-type: none"> • 50 or more students obtaining gold/ silver/ bronze level award certificates; and • Submission of a 1-2 minute video or 10 photos capturing the happy moment of students' participation in the Challenge, sports atmosphere in school, parent-child physical activities, or other special moments, etc.
Outstanding Participation Award	Certificate	80 or more students participating in the Challenge

6. Format and MVPA60 Award Scheme

- Students may choose their venue and take their time to achieve the target as set below during the said period.
- Students can track the number of steps or time via various means, such as watch / fitness watch, mobile apps or any equipment that can record their exercises.
- Students attaining the standard below will receive individual awards under the MVPA60 Award Scheme:

Gold Level	Silver Level	Bronze Level
Read at least one piece of information related to the Hangzhou 2022		
<u>Accumulation of completion in any 40 days</u>	<u>Accumulation of completion in any 30 days</u>	<u>Accumulation of completion in any 20 days</u>
200,000 steps or 1,200 minutes of fitness walking / running / skipping	150,000 steps or 900 minutes of fitness walking / running / skipping	100,000 steps or 600 minutes of fitness walking / running / skipping

7. Registration

- Interested schools should complete the Application Form (Appendix 12b) and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope3@edb.gov.hk) on or before 21 June 2023 for registration prior to the commencement of the Challenge. All the applications will be accepted.
- Relevant information of the Challenge (including learning and teaching resources, summary of record, awards application form, etc.) will be sent to the participating schools via email within 3 working days upon receiving the registration.

8. Requirement of Short Video (Applicable to participating schools of “Supreme Outstanding Participation Award”)

- The video and photos should be related to the activity, e.g. the happy moment of students’ participation in the Challenge, sports atmosphere in school, parent-child physical activities, or other special moments, etc.
- Formats and requirements of 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.
- Formats and requirements of photos:
 - The photos submitted should be in JPG or PNG format with recommended resolutions of 8 megapixels or more.
- There is no limitation on the video style.
- Consent from students or parents must be sought if they appear in the video/photos submitted.
- Video/photos may be used by EDB to promote the ASAP Campaign in the future. Participants have to give their consent to the use of their video/photos for promotion and publicity of the ASAP Campaign. The video/photos may appear on various media, including websites, newspapers, social media, publications, television, radio, etc.

9. Submission of the Challenge Record

- Participating schools should complete the Awards Application Form (Appendix 12c) upon verification of students’ record in the Challenge, and submit together with short video/photos (if applicable) to PE Section of the CDI by email (cdope3@edb.gov.hk) on or before 20 September 2023. Late submissions will not be accepted.
- An acknowledgement will be sent to the school once receiving the Awards Application Form. If the teacher-in-charge did not receive the acknowledgement on or before 22 September 2023, please contact PE Section, CDI at 2760 7794.

10. Vitality Fitness Walking / Running Challenge Record Form and Physical Activity Logbook

- Learning and teaching resources related to the 19th Asian Games Hangzhou 2022, as well as the “Challenge Record Sheet” (electronic version) will be provided to the participating schools. Participating schools can re-produce the sample form or design their school-based teaching materials to meet the needs of their students. For details, please refer to Appendix 12d.

- Participating schools can also make good use of the "Physical Activity Logbook" developed by PE Section of the CDI to encourage students to record their daily physical activities level (including this Challenge and other 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. Please refer to Appendices 12e and 12f for details and how to request the hard copies.



“Physical Activity Logbook”

11. Important dates

Date	Events
on or before 21 June 2023 (Wed)	<p>Registration</p> <p>Interested schools should complete the Application Form (Appendix 12b) and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope3@edb.gov.hk).</p>
3 July (Mon) to 27 August 2023 (Sun)	<p>Challenge period</p>
on or before 20 September 2023 (Wed)	<p>Deadline for Submission of the Challenge Record and Short Video/Photos</p> <p>Participating schools should complete the Awards Application Form (Appendix 12c) and submit together with short video/photos (if applicable) to PE Section of the CDI by email (cdope3@edb.gov.hk).</p>
on or before 26 September 2023 (Tue)	<p>Individual Challenge Award</p> <p>After verifying the information submitted by schools, PE Section of the CDI will prepare the e-certificates and email to the teacher in charge for dissemination.</p>
on or before 29 September 2023 (Fri)	<p>Group Challenge Award</p> <p>PE Section of the CDI will inform the winning schools by email about the award.</p>

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Application Form

(Return to PE Section of the CDI by fax or email on or before 21 June 2023)

To: PE Section of the CDI

Fax: 2761 4291

Email: cdope3@edb.gov.hk

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

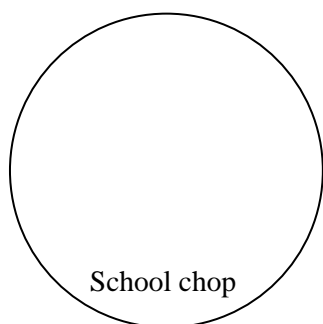
Categories: Primary School Secondary School

Name of Teacher in charge: _____

Email of Teacher in charge: _____

Intent to Participate:

Proposed Participation in the Challenge	Participate (Please “✓” as appropriate)	Remarks
Individual Challenge		Estimated number of students participation: _____
“Supreme Outstanding Participation” Group Challenge		
“Outstanding Participation” Group Challenge		



Signature of Principal: _____

Name of Principal: _____

Name of School: _____

Date: _____

Contact Number: _____

**“Active Students, Active People” Campaign
Exciting Asian Games – Vitality Fitness Walking / Running / Skipping
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Awards Application Form

Participating schools should complete the Awards Application Form and submit together with short video/photos (if applicable) to PE Section of the CDI
on or before 20 September 2023 (Wednesday)

Name of School: _____

Name of Principal: _____

School Chop:

Signature of Principal: _____

Name of
Teacher-in-charge: _____

Contact Number: _____

Date: _____

Summary result of the above Challenge is submitted as follows:

Number of Awards	Total number of students participation
Gold Level: _____ students	_____ students
Silver Level: _____ students	
Bronze Level: _____ students	
Total number of awards: _____ students	

Our school applies for the following Group Challenge Awards: (Please “✓” as appropriate)

Supreme Outstanding Participation Award


Outstanding Participation Award

“Active Students, Active People” Campaign Exciting Asian Games – Vitality Fitness Walking / Running / Skipping Challenge cum MVPA60 Award Scheme


Learning and Teaching Resources

Challenge Record Form


Schools can adopt either the above form, Physical Activity Logbook or other school-based designs for students to record their exercises.




「躍動校園 活力人生」計劃
"Active Students, Active People" Campaign



Gold



Silver




Bronze

Accumulation of 200,000 steps or Accumulation of 1,200 minutes of fitness walking / running / skipping for any 40 days	Accumulation of 150,000 steps or Accumulation of 900 minutes of fitness walking / running / skipping for any 30 days	Accumulation of 100,000 steps or Accumulation of 600 minutes of fitness walking / running / skipping for any 20 days
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Period	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days of Completion	Weekly Physical Activity Time	Weekly Step Counts
Week 1	Jul 3	4	5	6	7	8	9		mins	
Week 2	10	11	12	13	14	15	16		mins	
Week 3	17	18	19	20	21	22	23		mins	
Week 4	24	25	26	27	28	29	30		mins	
Week 5	31	Aug 1	2	3	4	5	6		mins	
Week 6	7	8	9	10	11	12	13		mins	
Week 7	14	15	16	17	18	19	20		mins	
Week 8	21	22	23	24	25	26	27		mins	
Have you read the information about the Asian Games? (Add ✓)										
<input type="checkbox"/> Yes							Total		mins	

Award



Greeting the Asian Games
Vitality Fitness Walking Running Skipping Challenge
cum MVPA60 Award Scheme

Developed by Curriculum Development Institute, Education Bureau

「躍動校園 活力人生」計劃

"Active Students, Active People" Campaign



Example



Gold



Silver



Bronze

Accumulation of 200,000 steps or Accumulation of 1,200 minutes of fitness walking / running / skipping for any 40 days	Accumulation of 150,000 steps or Accumulation of 900 minutes of fitness walking / running / skipping for any 30 days	Accumulation of 100,000 steps or Accumulation of 600 minutes of fitness walking / running / skipping for any 20 days
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Period	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days of Completion	Weekly Physical Activity Time	Weekly Step Counts
Week 1	Jul 3 30	4 20	5 0	6 20	7 50	8 60	9 60	6	240 mins	/
Week 2	10 60	11 20	12 60	13 10	14 0	15 0	16 80	5	230 mins	/
Week 3	17 30	18 20	19 30	20 30	21 30	22 60	23 10	7	210 mins	/
Week 4	24 0	25 10	26 20	27 40	28 60	29 20	30 0	5	150 mins	/
Week 5	31 0	Aug 1 60	2 30	3 20	4 80	5 30	6 30	6	250 mins	/
Week 6	7 30	8 10	9 0	10 10	11 15	12 60	13 30	6	155 mins	/
Week 7	14 10	15 20	16 60	17 20	18 45	19 60	20 30	7	245 mins	/
Week 8	21 0	22 10	23 20	24 30	25 60	26 60	27 40	6	220 mins	/
Have you read the information about the Asian Games? (Add ✓) <input checked="" type="checkbox"/> Yes							Total	48	1700 mins	/



Greeting the Asian Games

Vitality Fitness

Walking Running Skipping Challenge

cum MVPA60 Award Scheme



Developed by Curriculum Development Institute, Education Bureau

“Active Students, Active People” Campaign Physical Activity Logbook

Schools can make good use the Physical Activity Logbook (extracts as below) to encourage students in to record their daily physical activities level (including this Challenge and other 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

* 學生需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M/PA60)
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. M/PA60)

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

欣賞自己的優點
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” Campaign

Request for “Physical Activity Logbook”

To: PE Section of the CDI

Fax: 2761 4291

Email: acopedc2@edb.gov.hk

Our school is interested in requesting the following number of “Physical Activity Logbook”: _____ copies

Name of School:		
Name of Principal:		School Chop:
Signature of Principal:		
Name of Teacher in charge:		
Contact Number:		
Date:		

----- (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

Distribution hours: From 9:00 a.m. to 12:30 p.m. 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)

#Please bring your own large bag or trolley

Physical Education Section
Education Bureau