



Welcoming the 15th National Games 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 15th National Games (NG) will be co-hosted in Guangdong, Hong Kong and Macao in 2025. This is the first time for Hong Kong to be a co-host of the NG. In response to this major sporting event, EDB has launched a fun race of “Welcoming the 15th National Games Challenge” (Challenge). Leveraging the sports ambience of the NG, the Challenge aims to enhance students’ interest in participating in physical activities, help them develop a habit of doing exercise and encourage students’ further understanding of the national sports development, strengthen students’ sense of national identity and national pride through reading and sharing the NG-related information. Participating students who complete specified tasks within the period **from 7 July to 31 August 2025 (8 weeks in total)** will receive an individual award under the MVPA60 Award Scheme. Awards will also be given to those participating schools with active participation rate. For details, please refer to Appendix 11a.

4. Interested schools should complete the [Online Application Form](#) OR the Application Form at Appendix 11b and return it to Physical Education (PE) Section of the Curriculum Development Institute (CDI) by fax or email **on or before 27 June 2025 (Friday)**.

Contact Person

5. For enquiries, please contact K L KONG, Curriculum Development Officer (Physical Education) on 2760 7794.

**“Active Students, Active People” Campaign
Welcoming the 15th National Games Challenge
cum MVPA60 Award Scheme**

1. Objectives

- To enhance students’ interest in participating in physical activities and help them develop a habit of doing exercise which is in line 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 encourage students’ further understanding of the national sports development, strengthen students’ sense of national identity and national pride through reading and sharing the NG-related information.

2. Eligibility

All primary and secondary school students

3. Challenge Period

7 July (Monday) to 31 August 2025 (Sunday) (A total of 8 weeks)

4. Awards

- Individual Challenge Award
Students attaining the standard as specified will receive gold, silver or bronze award certificates (electronic certificate). For details, please refer to paragraph 5.
- Group Challenge Awards
“Welcoming the 15th National Games Challenge Award” and “Welcoming the 15th National Games Supreme Award” will be presented to participating schools with active participation rate. Each applicant school should submit a video within 2 minutes or 5 photos capturing the happy moment of students’ participation in the Challenge, sports atmosphere in school, parent-child physical activities, or other special moments, etc. The criteria are as follows:

Award (Only one of the Group Awards would be awarded to each school)	Prize	Criteria
Welcoming the 15th National Games MVPA60 Challenge Award	Trophy	<ul style="list-style-type: none"> • 50 or more students obtaining Individual Challenge Award

Award (Only one of the Group Awards would be awarded to each school)	Prize	Criteria
Welcoming the 15th National Games MVPA60 Supreme Award	Trophy & Certificate	<ul style="list-style-type: none"> • 50 or more students obtaining Individual Challenge Award, and • The top 3 schools with the highest percentage of students receiving individual awards account for the total number of students in the school*.

* The total number of students in the school refers to the student numbers of P1 to P5 / S1 to S5 in the 2024/25 s.y..

5. Challenge Format and MVPA60 Award Scheme

- The Challenge simulates the walking distance from Hong Kong to other host cities of the NG as the goal. Students can choose their locations and times 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. They can also record the duration of physical activity and convert it into steps (approximately 60 minutes of exercise is equivalent to 10 000 steps). (Remarks: After registration, the school will receive an electronic file of the Students Award Summary Record with a conversion function of students' record.)
- Students attaining the standard below will receive individual awards under the MVPA60 Award Scheme:

Gold Award [Walking distance approximately equivalent to <u>Hong Kong→Macao→Guangzhou→Hong Kong</u> (a total distance of about 320 km)]	Silver Award [Walking distance approximately equivalent to <u>Hong Kong→Macao→Guangzhou</u> (a total distance of about 200 km)]	Bronze Award [Walking distance approximately equivalent to <u>Hong Kong→Guangzhou</u> (a total distance of about 120 km)]
Read and share at least one piece of NG-related reading / activity report		
400,000 steps or 2,400 minutes of fitness walking / running / skipping / other physical activities	250,000 steps or 1,500 minutes of fitness walking / running / skipping / other physical activities	150,000 steps or 900 minutes of fitness walking / running / skipping / other physical activities

6. Registration

- Interested schools should complete the [Online Application Form](#) (by scanning the QR code) OR the Application Form at Appendix 11b and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope3@edb.gov.hk) on or before 27 June 2025 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 5 working days upon receiving the registration.



7. Requirement of Short Video (Applicable to participating schools of Group Challenge Awards)

- The number of required video/photos is based on each school.
- 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 in landscape format.
- 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.

8. Submission of the Challenge Record

- Participating schools should complete the Awards Application Form (Appendix 11c) upon verification of students' record in the Challenge, and submit together with the Students Award Summary Record (for Individual Challenge Award) and short video/photos (for Group Challenge Award) to the designated website provided in the confirmation email on or before 19 September 2025. Late submissions will not be accepted.

9. Learning and Teaching Resources

- Learning and teaching resources related to the 15th National Games, 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 11d.
- 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 Appendix 11e for details.



“Physical Activity Logbook”

10. Important dates

Date	Events
on or before 27 June 2025 (Fri)	Registration Interested schools should complete the Online Application Form OR the Application Form at Appendix 11b and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email (cdope3@edb.gov.hk).
7 July (Mon) to 31 August 2025 (Sun)	Challenge period
on or before 19 September 2025 (Fri)	Deadline for Submission of the Challenge Record and Short Video/Photos Participating schools should complete the Awards Application Form (Appendix 11c) and submit together with the Students Award Summary Record (for Individual Challenge Award) and short video/photos (for Group Challenge Award) to the designated website provided in the confirmation email.
October 2025	Individual Challenge Award 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.
	Group Challenge Award PE Section of the CDI will inform the winning schools by email about the award.

**“Active Students, Active People” Campaign
Welcoming the 15th National Games Challenge
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Registration Form

Interested schools should complete the [Online Application Form](#) (by scanning the QR code) OR the Application Form below and return it to PE Section of the CDI by fax or email.



To: PE Section of the CDI

Fax: 2761 4291

Email: cdope3@edb.gov.hk

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

School Level: ☐ Primary School ☐ Secondary School ☐ Secondary and Primary School

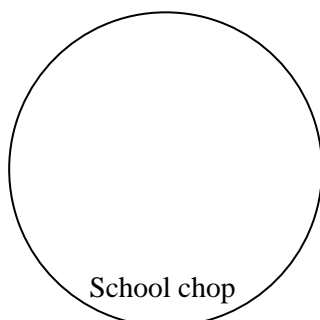
Name of Teacher-in-charge: _____

Contact Number 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: _____
Group Challenge “Welcoming the 15th National Games MVPA60 Challenge Award” / “Welcoming the 15th National Games MVPA60 Supreme Award”		



Signature of Principal: _____

Name of Principal: _____

Name of School: _____

Date: _____

**“Active Students, Active People” Campaign
Welcoming the 15th National Games Challenge
cum MVPA60 Award Scheme**

Awards Application Form

Participating schools should complete this form and submit together with Students Award Summary Record (for Individual Challenge Award) and short video/photos (for Group Challenge Award) to the designated website provided in the confirmation email **on or before 19 September 2025**.

Name of School: _____

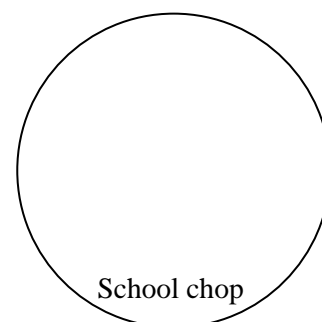
Name of Principal: _____

Signature of Principal: _____

Name of
Teacher-in-charge: _____

Contact Number: _____

Date: _____



Summary result of the above Challenge is submitted as follows:

Individual Challenge Award	Group Challenge Award
Gold Award: _____ students	<input type="checkbox"/> Our school applies for the following Group Challenge Awards: “Welcoming the 15th National Games MVPA60 Challenge Award” / “Welcoming the 15th National Games MVPA60 Supreme Award” (Please “✓” as appropriate)
Silver Award: _____ students	
Bronze Award: _____ students	
Total number of students receiving individual awards: _____ Total number of students in the school*: _____	Total number of students receiving individual awards account for _____% of the total number of students in the school (Calculation Formula: $\frac{\text{number of students receiving individual awards}}{\text{total number of students in the school}} \times 100\%$

* The total number of students in the school refers to the student numbers of P1 to P5 / S1 to S5 in the 2024/25 s.y..


“Active Students, Active People” Campaign Welcoming the 15th National Games 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 time, such as watch / fitness watch, mobile apps, etc. The following “Challenge Record Sheet” (electronic version) will be provided to the participating schools. Physical Education Section of Curriculum Development Institute has established a webpage for the NG, providing schools with relevant L&T resources and promotional activities in a timely manner. This supports schools in promoting the NG, creating and enhancing the sports ambience and assisting students to develop an active and healthy lifestyle. Please refer to the relevant webpage for L&T resources ([weblink](#)).




**Welcoming the 15th National Games Challenge
Challenge Record Form**

Name : _____
 Class : _____



 Gold Award <small>Walking distance:</small> Hong Kong→Macao→Guangzhou→Hong Kong <small>(Total 320 km)</small>	 Silver Award <small>Walking distance:</small> Hong Kong→Macao→Guangzhou <small>(Total 200 km)</small>	 Bronze Award <small>Walking distance:</small> Hong Kong→Guangzhou <small>(Total 120 km)</small>
400,000 steps or 2,400 minutes of fitness walking / running / skipping / other physical activities	250,000 steps or 1,500 minutes of fitness walking / running / skipping / other physical activities	150,000 steps or 900 minutes of fitness walking / running / skipping / other physical activities

Period	Physical Activity Time of the Day (mins)							Physical Activity Time of the Week (mins)	Weekly Step Counts
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Week 1	Jul 7	8	9	10	11	12	13		
Week 2	14	15	16	17	18	19	20		
Week 3	21	22	23	24	25	26	27		
Week 4	28	29	30	31	Aug 1	2	3		
Week 5	4	5	6	7	8	9	10		
Week 6	11	12	13	14	15	16	17		
Week 7	18	19	20	21	22	23	24		
Week 8	25	26	27	28	29	30	31		

<input type="checkbox"/> Read and share at least one piece of National Games-related reading / activity report	Sub-Total (A)	(B)
Received* Gold / Silver / Bronze Award		Total Steps after conversion <small>(60 minutes of exercise time equal to 10 000 steps)</small> <small>[(A) ÷ 60 × 10 000] + (B)</small>

(*Delete as appropriate)

Developed by Curriculum Development Institute, Education Bureau

(Example of Individual Award achieved)





Welcoming the 15th National Games Challenge Challenge Record Form

Name : _____

Class : _____



 Gold Award Walking distance: Hong Kong→Macao→Guangzhou→Hong Kong (Total 320 km)	 Silver Award Walking distance: Hong Kong→Macao→Guangzhou (Total 200 km)	 Bronze Award Walking distance: Hong Kong→Guangzhou (Total 120 km)
400,000 steps or 2,400 minutes of fitness walking / running / skipping / other physical activities	250,000 steps or 1,500 minutes of fitness walking / running / skipping / other physical activities	150,000 steps or 900 minutes of fitness walking / running / skipping / other physical activities

Period	Physical Activity Time of the Day (mins)							Physical Activity Time of the Week (mins)	Weekly Step Counts
	Mon	Tue	Wed	Thu	Fri	Sat	Sun		
Week 1	<div>Jul 7</div> <div>30</div>	<div>8</div> <div>20</div>	<div>9</div> <div>0</div>	<div>10</div> <div>20</div>	<div>11</div> <div>50</div>	<div>12</div> <div>60</div>	<div>13</div> <div>60</div>	<div>240</div>	<div>20 000</div>
Week 2	<div>14</div> <div>60</div>	<div>15</div> <div>20</div>	<div>16</div> <div>60</div>	<div>17</div> <div>10</div>	<div>18</div> <div>0</div>	<div>19</div> <div>0</div>	<div>20</div> <div>80</div>	<div>230</div>	<div>30 000</div>
Week 3	<div>21</div> <div>30</div>	<div>22</div> <div>20</div>	<div>23</div> <div>30</div>	<div>24</div> <div>50</div>	<div>25</div> <div>60</div>	<div>26</div> <div>60</div>	<div>27</div> <div>10</div>	<div>260</div>	<div>15 000</div>
Week 4	<div>28</div> <div>0</div>	<div>29</div> <div>60</div>	<div>30</div> <div>20</div>	<div>31</div> <div>40</div>	<div>Aug 1</div> <div>60</div>	<div>2</div> <div>20</div>	<div>3</div> <div>0</div>	<div>200</div>	<div>40 000</div>
Week 5	<div>4</div> <div>0</div>	<div>5</div> <div>60</div>	<div>6</div> <div>30</div>	<div>7</div> <div>20</div>	<div>8</div> <div>80</div>	<div>9</div> <div>30</div>	<div>10</div> <div>30</div>	<div>250</div>	<div>20 000</div>
Week 6	<div>11</div> <div>30</div>	<div>12</div> <div>10</div>	<div>13</div> <div>0</div>	<div>14</div> <div>10</div>	<div>15</div> <div>15</div>	<div>16</div> <div>60</div>	<div>17</div> <div>30</div>	<div>155</div>	<div>30 000</div>
Week 7	<div>18</div> <div>10</div>	<div>19</div> <div>20</div>	<div>20</div> <div>60</div>	<div>21</div> <div>20</div>	<div>22</div> <div>45</div>	<div>23</div> <div>60</div>	<div>24</div> <div>30</div>	<div>245</div>	<div>20 000</div>
Week 8	<div>25</div> <div>0</div>	<div>26</div> <div>10</div>	<div>27</div> <div>20</div>	<div>28</div> <div>30</div>	<div>29</div> <div>60</div>	<div>30</div> <div>60</div>	<div>31</div> <div>40</div>	<div>220</div>	<div>30 000</div>
<div><input checked="" type="checkbox"/> Read and share at least one piece of National Games-related reading / activity report</div>						Sub-Total	1 800 (A)	205 000 (B)	
						Total Steps after conversion (60 minutes of exercise time equal to 10 000 steps) [(A) ÷ 60 × 10 000] + (B)]		505 000	
Received* <div>Gold / Silver / Bronze Award</div> (*Delete as appropriate)									

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 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.

(Softcopy download: 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	/ /	/ /	/ /	/ /	/ /	/ /	/ /
快步行 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.

達標或未能達標的原因及感受
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)