



Joy to Move Asian Games Challenge cum MVPA60 Award Scheme

Aims / Objectives

This is to encourage primary and secondary school 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 20th Asian Games (AG) will be held from 19 September to 4 October 2026. In response to this major sport event in Asia, EDB has launched the “Joy to Move Asian Games Challenge” (Challenge). Leveraging the sports ambience of the AG, and under the slogan of “**Let’s exercise every day, exercise together and exercise with others**”, the Challenge aims to enhance students’ interest in participating in physical activities, help them develop a habit of doing exercise, and meet the recommended level of physical activity, i.e. an accumulation of an average of at least 60 minutes daily of moderate- to vigorous-intensity physical activity across the week (MVPA60). Students can also enrich their understanding of the national sports development, strengthen their sense of national identity and national pride through reading and sharing the information related to the China National Team and/or the Hong Kong, China Team. Participating students who complete specified tasks within the period **from 6 July to 30 August 2026 (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 6a.

4. Interested schools should complete the [Online Application Form](#) **on or before 26 June 2026 (Friday)**.

Contact Person

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

“Active Students, Active People” Campaign Joy to Move Asian Games Challenge cum MVPA60 Award Scheme

1. Objectives

- With the slogan **“Let’s exercise every day, exercise together and exercise with others”**, students are encouraged to actively engage in physical activities and develop a habit of regular exercise to align with the World Health Organisation’s recommendation that children and adolescents aged 5-17 should accumulate an average of at least 60 minutes daily of moderate- to vigorous-intensity physical activity across the week (MVPA60), i.e. a minimum of 420 minutes per week.
- To enrich students’ understanding of the national sports development, strengthen their sense of national identity and national pride through reading and sharing the information related to the China National Team and/ or the Hong Kong, China Team.

2. Eligibility

All primary and secondary school students

3. Challenge Period

6 July to 30 August 2026 (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 certificates). For details, please refer to paragraph 5.
- Group Challenge Awards
“Joy to Move Asian Games Challenge Award” and “Joy to Move Asian 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/comic strips as specified (For details, please refer to paragraph 7). The criteria are as follows:

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

Group Challenge Awards (Only one of the Group Awards would be awarded to each school)	Prize	Criteria
Joy to Move Asian 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 Challenge Awards account for the total number of students in the school*

* The total number of students in the school refers to the student enrolment of P1-P5 / S1-S5 in the 2025/26 s.y.

5. Challenge Format and MVPA60 Award Scheme

- Students can choose their own 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 devices that can record their exercise time. Design an MVPA60 comic (3 to 7 panels).
- Students attaining at least 420 minutes (60 minutes on average per day × 7 days) of moderate- to vigorous-intensity physical activity across the week (continuous or cumulative) will receive Individual Challenge Award:

Gold Award	Silver Award	Bronze Award
5 weeks	4 weeks	3 weeks
<p>Read and share at least one piece of the information related to the China National Team and/ or the Hong Kong, China Team (e.g. Books, Sports Magazines, Newspaper etc.;</p> <p>the sharing includes but not limited to could be book reading reports, oral reports, video recording, etc.)</p> <p style="text-align: center;">OR</p> <p>Design a comic strip for MVPA60 (3- to 7-panel comic) Theme: “A Day of MVPA60”, “420-Minute Physical Activities in a week” or “Let’s exercise every day, exercise together and exercise with others”</p>		

6. Registration

- Interested schools should complete the [Online Application Form](#) (by scanning the QR code) **on or before 26 June 2026 (Friday)** for registration prior to the commencement of the Challenge. All the applications will be accepted.
- Schools could download relevant information of the Challenge (including learning and teaching resources, summary of record, awards application form, etc.) on the [Online Sharepoint](#).



Online Application Form



Online Sharepoint

7. Requirement of Short Video/ Photos/Comic Strips (Applicable to participating schools of Group Challenge Awards)

- Each applicant school should submit a video within 2 minutes or 5 photos/comic strips.
- The video and photos should be related to the activity, e.g. the happy moment of students' participation in the Challenge, students watching sports events, sports atmosphere in school, parent-child physical activities, or other special moments, etc. **Students' sharing of readings** related to the China National Team and/or the Hong Kong, China Team **OR outstanding student works of comic strip design** were also recommended.
- The length of the video should be within 2 minutes and there no is limitation on the video style.
- Consent from students or parents must be sought if they appear in the video/ photos submitted.
- Video/ photos/comic strips may be used by the EDB to promote the ASAP Campaign in the future. Participants have to give their consent to the use of their video/photos/comic strips for promotion and publicity of the ASAP Campaign. The video/photos/comic strips 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 6b) 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/comic strips (for Group Challenge Award) to the designated website (hyperlink would be provided through separate email after application) **on or before 30 September 2026**. Late submissions will not be accepted.

9. Learning and Teaching Resources

- Learning and teaching resources related to the AG, as well as the "Challenge Record Sheet" (electronic version) will be provided. 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 6c.
- 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



"Physical Activity Logbook"

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 6d for details.

10. Important dates

Date	Events
on or before 26 June 2026 (Fri)	Registration Interested schools should complete the Online Application Form .
6 July (Mon) to 30 August 2026 (Sun)	Challenge period
on or before 30 September 2026 (Wed)	Deadline for Submission of the Challenge Record and Short Video/ Photos/Comic Strips Participating schools should complete the Awards Application Form (Appendix 6b) and submit together with the Students Award Summary Record (for Individual Challenge Award) and short video/photos/comic strips (for Group Challenge Award) to the designated website (hyperlink would be provided through separate email after application).
November to December 2026	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
Joy to Move Asian 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/comic strips (for Group Challenge Award) to the designated website **on or before 30 September 2026.**

Name of School: _____

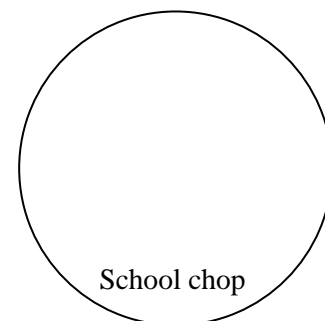
Name of Principal: _____

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: “Joy to Move Asian Games MVPA60 Challenge Award” / “Joy to Move Asian 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 enrolment of P1-P5 / S1-S5 in the 2025/26 s.y.

“Active Students, Active People” Campaign Joy to Move Asian Games Challenge cum MVPA60 Award Scheme

Learning and Teaching (L&T) Resources

Schools can download at [Online Sharepoint](#) and adopt the template of challenge record form, Physical Activity Logbook or other school-based designs for students to record their exercise time (e.g. school-based record sheets, fitness watches, mobile apps or any devices that can record workout duration). Physical Education Section of the Curriculum Development Institute would provide relevant L&T resources and promotional activities at the above Sharepoint and [ASAP webpage](#) in a timely manner to support schools in promoting the AG, creating and enhancing the sports ambience and assisting students to develop an active and healthy lifestyle.



<div style="text-align: center;"> Joy to Move Asian Games Challenge </div> <div style="text-align: right; margin-top: 5px;"> Name : _____ Class : _____ </div> <div style="text-align: center; margin-top: 10px;"> Gold Award Silver Award Bronze Award </div> <p style="text-align: center; font-size: small;">No. of weeks attaining at least 420 minutes of moderate- to vigorous-intensity physical activity across the week (60 minutes × 7 days)</p> <table border="1" style="width: 100%; text-align: center; font-size: x-small;"> <tr> <td style="width: 33%;">5 weeks</td> <td style="width: 33%;">4 weeks</td> <td style="width: 33%;">3 weeks</td> </tr> </table> <table border="1" style="width: 100%; text-align: center; font-size: x-small;"> <thead> <tr> <th rowspan="2">Period</th> <th colspan="7">Physical Activity Time of the Day (mins)</th> <th rowspan="2">Physical Activity Time of the Week (mins)</th> <th rowspan="2">Target Achieved</th> </tr> <tr> <th>Mon</th> <th>Tue</th> <th>Wed</th> <th>Thu</th> <th>Fri</th> <th>Sat</th> <th>Sun</th> </tr> </thead> <tbody> <tr><td>Week 1</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 2</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 3</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 4</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 5</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 6</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 7</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 8</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 9</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> <tr><td>Week 10</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>15</td><td>105</td><td></td></tr> </tbody> </table> <div style="font-size: x-small; 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“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	 手碰腳跟 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 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
行樓梯 Climbing the Stairs	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
伸展活動 Stretching	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
家務 Housework	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
體育課 PE Lesson	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
體能訓練 Fitness Training	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
校隊訓練 Sports Teams Training	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
其他 Others	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
總時間 Total Time	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
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

欣賞自己的範疇
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)