

Collaborative Research & Development (“Seed”) Project for 2022/23

Section	Physical Education Section	
Title of the Project (Project Code)	Developing an Active and Healthy School Campus in Secondary Schools (Theme of the Year: Active Students, Active People) (PE1422)	
Class Level (Please check and ✓ the appropriate box.)	<input type="checkbox"/> Kindergarten <input type="checkbox"/> Primary <input checked="" type="checkbox"/> Secondary <input type="checkbox"/> Primary and Secondary Please specify levels: _____	
Brief Description (e.g. Objectives, expected outcomes)	<p><u>Background:</u></p> <ul style="list-style-type: none"> ● Physical inactivity is recognised as global public health issue. With reference to the Towards 2025: Strategy and Action Plan to Prevent and Control Non-communicable Diseases in Hong Kong by Food and Health Bureau, “10% relative reduction in prevalence of insufficient physical activity” is one of the targets in the Action Plan. EDB is committed to encourage students to accumulate at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity across the week (i.e. MVPA60), to enabling them to lead an active and healthy lifestyle. ● To further engage students in developing an active and healthy lifestyle, the EDB has launched the “Active Students, Active People” Campaign (“ASAP” Campaign) in the 2021/22 school year to rally the concerted efforts of schools, parents as well as other stakeholders to promote an optimised sports atmosphere in schools and in society, and encourage students to engage in regular exercise as soon as possible for the sake of maintaining good health, adopting an active and healthy lifestyle, and unleashing vitality with positive attitudes. The seed project will be offered to support schools in mobilising students’ participation to achieve MVPA60. <p><u>Objectives:</u></p> <ul style="list-style-type: none"> ● To assist schools to develop the active and healthy school policy; ● To develop effective learning and teaching strategies to enable students to participate in extended learning activities (learnt in PE lessons) in their leisure time; ● To support schools in providing more opportunity for students in engaging physical activities during recess and lunch break; and ● To help schools to develop a sporting culture. <p><u>Expected Outcomes:</u></p> <ul style="list-style-type: none"> ● To assist five schools to develop the active and healthy school policies and uploaded onto school webpage to deepen stakeholders’ understanding on the policy and the development of school PE; ● To establish a PE teachers’ professional network to develop learning and teaching practices in enabling students to participate in physical activities regularly; ● To collect and disseminate five good practices to help students develop an active and healthy lifestyle through the network meetings; and ● To assist participating schools to organise PE-related extended learning activities for strengthening sporting culture in schools. 	
Key Emphases	Dimension	<input checked="" type="checkbox"/> Curriculum planning <input checked="" type="checkbox"/> Learning and Teaching <input type="checkbox"/> Assessment

(Please check and ✓ the appropriate box(es). You can choose more than one box.)	Focus <ul style="list-style-type: none"> <input type="checkbox"/> Values Education (including MCE, NSE & BLE) <input type="checkbox"/> Chinese history & Chinese culture <input type="checkbox"/> Reading / Language across the Curriculum <input type="checkbox"/> STEM & IT Education <input type="checkbox"/> Entrepreneurial Spirit <input checked="" type="checkbox"/> Life-wide Learning <input type="checkbox"/> Gifted Education <input type="checkbox"/> L&T of Chinese as a second language <input type="checkbox"/> Catering for Learner Diversity <input type="checkbox"/> Self-directed Learning <input checked="" type="checkbox"/> Whole-person Development <input type="checkbox"/> Others (please specify *) _____ 	
Deliverables (Please check and ✓ the appropriate box(es). You can choose more than one box.)	<ul style="list-style-type: none"> <input type="checkbox"/> Exemplars to be used for curriculum documents <input type="checkbox"/> Learning & teaching packages, self-learning packages for teachers <input checked="" type="checkbox"/> Workshops and seminars <input type="checkbox"/> Others (please specify) : _____ 	
Duration and Nature of the Project	From <u> 9 </u> mm <u>2022</u> yy to <u> 8 </u> mm <u>2023</u> yy <input type="checkbox"/> New <input checked="" type="checkbox"/> Ongoing (started from <u> 9 </u> mm <u>2019</u> yy)	
Name of Advisor(s) / Consultant(s) to be invited		
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Please use a separate sheet for each project.