

Stewards Pooi Kei College

Active and Healthy School Campus Policy



Background

Stewards Pooi Kei College is a Direct Subsidy Scheme school, which is located in Sha Tin. There are 34 classes from S.1 to S.6 and around 1010 students. Our school has diversified sports facilities for physical activities, including 3 basketball courts, 2 volleyball courts, 1 Fitness Centre, 1 school hall, 1 cover-playground and 1 red brick area. Due to the convenient location of our school, the nearby public sports facilities such as the tennis court, bowling alley and golf course are used during PE lessons.

Helping students develop a positive and healthy lifestyle as well as their holistic wellness is one of SPKC's major concerns. To provide our students with more opportunities to exercise on the school campus, the Physical Education (PE) Department has arranged a series of activities for our Pooikeinians.

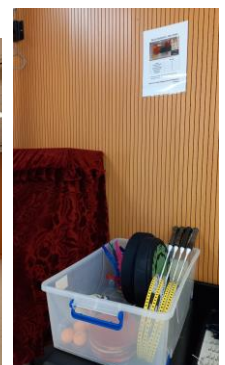
Implementation of Policies

1. Curriculum

1.1 Content

- There are two double PE lessons every cycle (10 days per cycle) for S.1 to S.5, and one double for S.6 students. Each double lesson is 80 minutes. We provide students with a broad and balanced learning experience in a school-based PE curriculum. These activities include track and field training, ball games, gymnastics, dance and physical fitness activities. "First 5-minute policy" is adopted in every lesson to recall students' memories about what they have learnt in previous lessons.

- Sports equipment is provided for students to borrow and use in their leisure time. Therefore, students can practice at campus what they have learnt from PE lessons.



- Fitness Induction Course for all S.1 and S.2 students is organized in the 1st term during PE lessons. It educates them the basic concept of exercise safety and proper usage of the equipment in the School Fitness Centre. All students have to complete this course before they can use the facilities in the Fitness Centre.



- To nurture students to be active learners and foster students' holistic development, the “**Sports Education Model**” is introduced to S.4 students. Teachers serve as the facilitators to give student-centred instructions and guidelines. Students are able to organize an “intra-class ball game competition” during PE lesson time. They can practice their generic skills and multiple intelligence when organizing the competition. In addition, other skills such as artistic abilities, leadership, communication skill, problem-solving skill, self-directed learning and collaboration skill are developed over the course of these self-directed competitions.



- To promote self-directed learning and STEM education in PE, a motor analyzing app called “On-form” is introduced to students. This app can detect whether students are exercising in a proper form.



- We also check students' BMI twice in a school year to arouse students' awareness of maintaining a healthy body.
- The curriculum not only focuses on teaching the students practical skills but also on developing their cognitive skills. Teachers promote metacognitive skills to help students reflect on their learning by asking questions. Positive feedback is given to the students to create a positive learning atmosphere and promote a growth mindset.

1.2 Assessment

- Evaluation criteria fall into four major categories, namely, **Practical Skill, Fitness, Tidiness** and **Daily Performance**.

Practical Skill: In order to cater for individual differences, different levels of practical skill assessment are introduced. More capable students are encouraged to team up with less capable students. Two practical skill tests are arranged in each term for S.1-S.4 and one for S.5.

Fitness: 9 minutes run (suspended during Covid-19 pandemic), push up, sit up and sit and reach test are conducted once per term.

Tidiness: The tidiness of students' PE uniform are evaluated.

Daily Performance: Active learning behaviour of the students (keen learner and confident explorer) are evaluated.

1.3 Teaching Strategies

- There are 3 PE teachers and a fitness instructor in our School. The sufficient manpower allows us to organize various activities for students.
- A pleasant and active learning environment is developed. We share the teaching strategies as well as professional training experience during the Panel Meetings.

2. Healthy lifestyle

In addition to the general PE lessons, the Physical Education (PE) Department has organized various activities for students to cultivate their exercise habits.

- Theme of the year 21/22: “**Physical Wellness of Pooikeinians**” is introduced to all Staff and Students.
- Our school participated in the “Seed project - Developing an Active and Healthy School Campus in Secondary Schools” led by the EDB - PE Section.
- **The Sports Association** is formed by a group of student leaders who are devoted to promoting health and fitness activities in School.



- “Fit Friday” is held every Friday. All Pooikeinians (both staff and students) can wear sportswear so as to participate in thematic sports activities when they come back to school.



- Fitness Centre opens for students after school.



- Home-workout videos are prepared and uploaded to Form Google Classroom every month. Students are encouraged to do exercise at home during off-lesson time. Making effective use of e-learning tools can encourage students' involvement in exercising, so as to promote self-directed learning.



- “Virtual PERMA Running Competition” and “Active Arcade Competition” are organized for Staff and Students in order to encourage them to exercise more frequently during Covid-19.



- A distance counting app “strava” was introduced to students to extend students' self-directed learning time after school. Students are able to review the distance they have run, walked or biked, and evaluate their performance through the app. For example, students can see their running distance, pace, speed, elevation gains or calories burned in each exercise.

3. School Sports Teams

- There are six school sports teams in our School, namely, Athletics, Badminton, Basketball, Soccer, Table Tennis and Volleyball. There are more than 180 members on all sports teams. School sports teams aim at participating in inter-school sports competitions. Generally, training is arranged on Saturdays and extra training sessions will be organized in peak seasons.



- Sports elites of “non-school teams” are encouraged to participate in sports competitions on behalf of the School. Representatives received outstanding performance in Inter-school swimming and fencing competitions in previous years.



4. Inter-Class / Inter-House Competition

- The Sports Association (formed by student leaders) organizes Inter-Class and Inter-House sports competitions under the supervision of the PE teachers.
- The four houses - Saviour, Priest, King and Christ - strive for the Overall Champion by competing in Intra-school Athletics, Basketball, Badminton, Soccer, Volleyball and Table Tennis competitions. (Some activities are conducted virtually due to Covid-19)



5. Major Sports Events

- Annual Athletics Meet

The Athletics Meet is the major competition in the house system. Teachers, alumni and students will serve as officials in Athletics Meet. Other than traditional track and field events, the PTA 4x100m Relay is organized. It fosters companionship between the Principals, staff, teachers, parents, alumni and students.



6. Co-Curricular Activities

- “Get Fit” programme is introduced to S.4 students. This programme is one of the Multiple Intelligences Development Curriculum which educate the students on the basic concepts of physical fitness and training principles.



- “Learning Without Walls (LEWOWA) – Kayaking Programme” is organized in the 2nd term and offers an outdoor learning experience to interested S.1 to S.5 students. The programme will take place in Hong Kong and plans to take place overseas in the future.



- “Fitness Club” is organized as one of the Life-wide Learning Activities for S.2 to S.5 students. 60 minutes of fitness training is arranged for interested students.

7. Staff

- “**Growth Wednesday**” is organized to staff at least once per month in order to keep them active. We believe that being active is beneficial to teachers’ bodies, minds, and spirits during stressful times. Sports activities like animal flows, soccer and badminton are arranged.
- **Fitness Centre** opens for staff during after-lesson time.
- **Fitness Induction Course for Staff** is organized for interested staff. It educates them on the basic concept of exercise safety and proper usage of the equipment in the Fitness Centre. They have to complete this course or receive equivalent qualification before they are eligible to use the facilities in the Fitness Centre.



8. Under Covid-19

- Online PE lessons are conducted due to Covid-19. Knowledge of different sports were introduced so as to broaden students’ horizon to sports elite level. For example, background, skills, regulations and competitions of various sports are introduced.
- “Face-to-Face Fit Friday” is changed to “Online Fit Friday”. Due to the latest government COVID restrictions, students need to find alternative ways to stay active at home. A wide span of workouts including Yoga and Pilates, Tabata and HIIT will be introduced to encourage the students to keep their bodies fit. They can also get inspiration for a nutritious diet, and learn fun facts about health and fitness.

Topic – Core Muscle

Mr. Jacky Chan

Workout 1	Time
Warm Up	5 mins
Core Workouts	10 mins
Break	2 mins

Ms. Karen Chung

Workout 2	Time
Pilates	5 mins
Pilates – The Hundred	5 mins
Cool Down	3 mins

FIT Friday – 1/4

- 健康喝水
- 體重指數 - Body Mass Index
- 脂肪機的運用

- Alumni who are elite athletes are invited to share their experiences in being representatives of Hong Kong.



SZETO WING KA

過去:

- ◆ 香港神託會培基書院學生
- ◆ 籃球隊及游泳隊成員

現在:

- ◆ 現就讀香港教育大學文化與創意藝術學系四年級
- ◆ 現任香港拯溺隊成員
- ◆ 香港拯溺接力紀錄保持者



MVPA60

	Monday	Tuesday	Wednesday	Thursday	Friday
Active transport to school	Walking / cycling (10 minutes)				
Morning	Ball games / morning run (20 minutes)				
Lessons	S.1 to S.5 PE Lessons (140 minutes per each cycle) (10 days cycle) S.6 PE Lessons (70 minutes per each cycle) (10 days cycle)				
Lunchtime	Inter-house Competitions (Basketball & Volleyball) Inter-class Competitions (Soccer) Other ball games & racket games (30 minutes)				
	Walking for lunch (20 minutes)				
After school	Ball games (60 minutes)				
OLE Classes	Fitness Club / “Get Fit” programme (Once a cycle, 70 minutes per session)				
Sports training	Athletics Team / Badminton Team / Basketball Team Soccer Team / Table Tennis Team / Volleyball Team (Once a week, 120 minutes per session)				
Active transport to home	Walking / cycling (10 minutes)				
Major school event	Athletics Meet				