

2023 School Sports Programme Prize Presentation Ceremony cum Carnival held today (with photo)

The Leisure and Cultural Services Department (LCSD) held the 2023 School Sports Programme Prize Presentation Ceremony cum Carnival at the Sun Yat Sen Memorial Park Sports Centre today (July 7). Awards were presented to schools and students that have actively and outstandingly participated in sports activities.

The School Sports Programme is organised by various national sports associations, co-ordinated and subvented by the LCSD, and co-organised by the Education Bureau, the Chinese University of Hong Kong and the Hong Kong Baptist University. The territory-wide programme is conducted in line with the daily schedule of schools to enable students of primary, secondary and special schools to participate regularly in diverse sports activities at schools during leisure time and to foster a sporting culture on school campuses. Since its launch, the programme has been well-received by the schools. A total of 608 schools and over 345 000 students participated in year 2022/23.

About 900 teachers and students from different schools attended the prize presentation ceremony today. Among that, 27 students were given the sportEXCEL Award to acknowledge their achievements in active participation in sports and enhancement of sports skills. A total of 41 schools were presented with the sportACT Active School Award for having 25 per cent or more of their students achieving the sportACT Award. This is in recognition of the efforts devoted by these schools in encouraging students' regular participation in sports activities and promoting the culture of "one student, one sport" on campus. At the same time, the LCSD also presented 2022/23 Active Participation Award, Award of Positive Participation and Award of Outstanding Performance under the iSmart Fitness Scheme, and Award of Positive Participation and Award of Outstanding Performance under the Let's Move Scheme to commend the substantial effort made by the school sector on promoting healthy living of students.

The Convener of the Student Sports Activities Co-ordinating Sub-committee, Professor Patrick Yung; the Vice-convener of the Sub-committee, Professor Cindy Sit; the Head of Health Promotion Branch of the Department of Health, Dr Leung Yiu-hong; the Chief Curriculum Development Officer (Physical Education) of the Education Bureau, Ms Annie Wong; and Assistant Director (Leisure Services) of the LCSD Mr Benjamin Hung officiated at the event today.

Professor Yung said at the prize presentation ceremony, "To echo the promotion of the Government on 'Towards 2025: Strategy and Action Plan to Prevent and Control Non-Communicable Diseases in Hong Kong', the activities

of the School Sports Programme will be enhanced. For instance, the criteria of the award scheme will be revised to elevate the physical activity of children and adolescents. It is recommended by the World Health Organization that children and adolescents aged between 5 and 17 should do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity across a week. Since the 2019/20 school year, the criteria of physical activities also include planned physical fitness training and activities, such as housework, stair climbing, brisk walking during commuting and hiking, so as to integrate physical activity into their daily lives.

"Moreover, the International Olympic Committee is eager to encourage more young people to participate in sports and has introduced various urban sports that are popular among young people in recent years. The Government has been working with various sectors to promote and introduce the urban sports, including 3-on-3 basketball, futsal, sport climbing, skateboarding and breaking. In year 2023/24, the School Sports Programme will also promote these urban sports and provide more opportunities for the participation of students."

Various sports demonstrations, play-in games and promotional activities were arranged after the prize presentation ceremony for teachers and students to enhance their interest in and understanding of sports.

More information on the School Sports Programme is available on the LCSD's website (www.lcsd.gov.hk/en/spp/index.html).



