

**One-off Grant for Promotion of a Sports Ambience and MVPA60 in Schools**  
**A Plan and Budget 2025-2026**

Total Grant: \$150,000 (For 2024-2027 school years)

Balance from the previous year: \$49,558.49

Proposed Activities (2025-2026)	Expected Expenses
Purchase of sports equipment for promoting sports in recess, lunch and after school: <ul style="list-style-type: none"> <li>• Balls</li> <li>• Pickleball and rackets</li> </ul>	\$4,000
Promotion of newly emerged sports in different forms in PE lessons <ul style="list-style-type: none"> <li>• Course fee, coach fee and fee for delivery of equipment</li> </ul>	\$12,000
Hong Kong China Rowing Association Chapter Awards Scheme (章別獎勵計劃)	\$500
730 Physical Activity Program* (Please see the plan below)	\$2,000
S-miles Day (F.1-5) <ul style="list-style-type: none"> <li>• Rental fee for sports equipment</li> <li>• Purchase of miscellaneous items like plastic tapes, batteries</li> <li>• Making posters</li> <li>• Purchase of medals and prizes</li> </ul>	\$13,000
<b>Total:</b>	<b>\$31,500</b>
<b>Unspent Balance:</b>	<b>\$18,058.49</b>

## **730 Physical Activity Program 2025-2026\***

### **Program Objectives**

- Cultivate students' resilience and enhance mental health
- Promote the establishment of regular exercise habits among students, aiming to achieve MVPA60 (at least 60 minutes of moderate to vigorous physical activity per day, in line with international recommendations)

### **Implementation Time**

- Every Monday morning from 7:30am to 7:55am (a total of 25 minutes)

### **Target Participants**

- All students are encouraged to participate, especially those who are not involved in sports teams or clubs

### **Programme Content**

- 5 min warm-up (stretching exercises)
- 15 min Main activities (e.g. jogging, brisk walking, aerobic dance, rope skipping, indoor cycling, etc.)
- 5 min Group games and stretching exercises

### **Venue**

- School playground or School Hall (depending on weather conditions)

### **Teachers involved**

- Person in charge: Mr. Patrick Wong
- All teachers are welcome to participate

### **Evaluation Methods**

- Record students' attendance and training frequency each month; cumulative scores will be displayed on a leaderboard.
- Assess students' physical fitness and mental health improvements (such as through simple questionnaires or body measurements)