

## Tsuen Wan Public Ho Chuen Yiu Memorial College

### Promotion of a Sports Ambience and MVPA60 in Schools (2025-2026)

Strategies/Tasks	Objectives	Task Coordinator	Period	Evaluation Methods	Success Criteria	Estimated Expenditure
Arrange a personal trainer to instruct students in using the fitness facilities in fitness room	- Enhance students' physical fitness - Establish a healthy lifestyle	Mr Leung W	Sept 2025- August 2026	- Collect feedback from teachers and students - Check utilisation rate - Questionnaires	- Positive feedback from teachers and students	\$9000
Arrange "Proper Use of Fitness Room Facilities" course	- Enhance students' physical fitness - Establish a healthy lifestyle	Mr Leung W	Sept 2025- August 2026	- Collect feedback from teachers and students - Questionnaires - Test (MCQ)	- Positive feedback from teachers and students - More than 80% of the students can pass the test	\$3000
Renew and repair the equipment in fitness room	- Enhance students' physical fitness - Establish a healthy lifestyle	Mr Lai KT	Sept 2025- August 2026	- Collect feedback from teachers and students - Check utilisation rate	- Positive feedback from teachers and students	\$20000
Promotion of MVPA60 & School Physical Fitness Award Scheme	- Enhance students' physical fitness - Establish a healthy lifestyle	Mr Lai KT	Sept 2025- August 2026	- Collect feedback from teachers and students	- Positive feedback from teachers and students	\$5000
Purchase applications and books to promote reading to learn and STEAM education	- Promote reading to learn and STEAM education	Mr Lai KT	Sept 2025- August 2026	- Collect feedback from teachers and students	- Positive feedback from teachers and students	\$1000
Introduce newly emerged sports	- Enhance students' physical fitness - Increase students' motivation to exercise	Ms Wong MY	Sept 2025- August 2026	- Collect feedback from teachers and students - Check utilization rate	- Positive feedback from teachers and students	\$12000
						<b>\$50000</b>