

Tsuen Wan Public Ho Chuen Yiu Memorial College

Promotion of a Sports Ambience and MVPA60 in Schools (2024-2025)

Strategies/Tasks	Objectives	Period	Evaluation Methods	Success Criteria	Evaluation	Actual Expenditure
Arrange a personal trainer to instruct students in using the fitness facilities in fitness room	<ul style="list-style-type: none"> - Enhance students' physical fitness - Establish a healthy lifestyle 	Sept 2024-August 2027	<ul style="list-style-type: none"> - Collect feedback from teachers and students - Check utilisation rate - Questionnaires 	- Positive feedback from teachers and students	The coaching and training sessions were well-received by students. They found the instruction practical and helpful, which attracted many students to participate in fitness training. Students expressed a desire for the fitness room to be open on more days and for the number of on-site coaches to be increased.	\$9,000
Arrange "Proper Use of Fitness Room Facilities" course	<ul style="list-style-type: none"> - Enhance students' physical fitness - Establish a healthy lifestyle 	Sept 2024-August 2027	<ul style="list-style-type: none"> - Collect feedback from teachers and students - Questionnaires - Test (MCQ) 	<ul style="list-style-type: none"> - Positive feedback from teachers and students - More than 80% of the students can pass the test 	A total of 20 staff members and students participated in the activity. The coach introduced the fitness room equipment and provided individual guidance to participants. All students successfully completed the course and passed the assessment, earning the relevant qualification.	\$0
Renew and repair the equipment in fitness room	<ul style="list-style-type: none"> - Enhance students' physical fitness - Establish a healthy lifestyle 	Sept 2024-August 2027	<ul style="list-style-type: none"> - Collect feedback from teachers and students - Check utilisation rate 	- Positive feedback from teachers and students	Two new fitness machines — Shoulder Press and Chest Press / Pec Fly & Rear Fly—were installed. These machines have been popular among students and are frequently used, effectively addressing the limitations of the existing equipment.	\$28,200

<p>Promotion of MVPA60 & School Physical Fitness Award Scheme</p>	<ul style="list-style-type: none"> - Enhance students' physical fitness - Establish a healthy lifestyle 	<p>Sept 2024- August 2027</p>	<ul style="list-style-type: none"> - Collect feedback from teachers and students 	<ul style="list-style-type: none"> - Positive feedback from teachers and students 	<p>The concept of MVPA60 was introduced to students during PE lessons to raise awareness of the importance of engaging in moderate-to-vigorous physical activity for at least 60 minutes daily. The School Physical Fitness Award Scheme is planned to be introduced in the coming year, with the aim of encouraging students to maintain a regular exercise habit.</p>	<p>\$0</p>
<p>Purchase applications and books to promote reading to learn and STEAM education</p>	<ul style="list-style-type: none"> - Promote reading to learn and STEAM education 	<p>Sept 2024- August 2027</p>	<ul style="list-style-type: none"> - Collect feedback from teachers and students 	<ul style="list-style-type: none"> - Positive feedback from teachers and students 	<p>Reaction sticks were purchased for use during the Open Day and Healthy Living Week. The activity attracted many students and was well-received. However, due to the relatively low cost and limited function of the reaction sticks, the quality remains a concern. It is hoped that funding will be available to acquire larger and higher-quality equipment in the future. In addition to acquiring new sports-related books, the school also purchased sports magazines and placed them in the fitness room, corridors, and classrooms. This initiative has enhanced students' access to sports-related reading materials and helped promote a stronger reading culture around health and physical activity.</p>	<p>\$0</p>

<p>Introduce newly emerged sports</p>	<ul style="list-style-type: none"> - Enhance students' physical fitness - Increase students' motivation to exercise 	<p>Sept 2024- August 2027</p>	<ul style="list-style-type: none"> - Collect feedback from teachers and students - Check utilization rate 	<ul style="list-style-type: none"> - Positive feedback from teachers and students 	<p>In addition to traditional sports, emerging activities such as skateboarding, shooting, archery tag, adventure-based activities, hockey, reaction training, and bowling were introduced during PE lessons and post-exam activities. These activities were well-received by students and effectively enhanced their motivation to participate in physical activities. It is recommended that these activities continue to be arranged in the coming year.</p>	<p>\$0</p>
<p>\$37,200</p>						