Organised by the Leisure and Cultural Services Department (LCSD)

Co-organised by the Education Bureau

Supported by the Department of Health

sportACT aims at arousing students' awareness of the importance of physical exercise (**A**wareness) and encouraging them to choose the right sport (**C**hoose), set their targets (**T**arget) and act on their plans (**A**CTs). Through exercising, both their psychological and physical fitness will be enhanced.

sportACT
A*wareness*
C*hoose*
T*arget*

Criteria for Awards

Students may apply for a certificate if they meet the following criteria in terms of amount of physical activities* within any 8 consecutive weeks:

	For Primary and Secondary Schools (Including Schools for Social Development)	**For Special Schools (Except Schools for Social Development)**
Gold Award	At least 60 minutes everyday	At least **30 minutes everyday**
Silver Award	At least **60 minutes** a day in total cumulatively for at least **4 days** a week	At least **30 minutes a day** in total cumulatively for at least **4 days** a week
Bronze Award	At least **60 minutes** a day in total cumulatively for at least 3 days a week	At least **30 minutes a day in total cumulatively for at least 2** days a week
Notes	1. Students should meet the criteria in at least 6 weeks in the 8-week span; 2. The time spent on actual physical activities during physical education lessons under the supervision of a teacher also counts; 3. It is recommended that the physical activities be of moderate^intensity or above; 4. Each exercise session should last for at least 20 minutes	1. Students should meet the criteria in at least 6 weeks in the 8-week span; 2. The time spent on actual physical activities during physical education lessons under the supervision of a teacher also counts; 3. Students should participate in extra-curricular physical activities at least once a week under the supervision of teachers, coaches or family members; 4. It is recommended that the physical activities be of moderate^ intensity or above, although the duration of active participation is more important than the intensity of physical exercise. Guardian should choose the right type and amount of exercise for student according to their physical conditions; 5. Each exercise session should last for at least 20 minutes.
	*** Physical activities include planned physical fitness training and activities, such as housework, stairs climbing, brisk walking during commuting, hiking and pet-walking.**	
	^ Physical activities of moderate intensity should cause sweating, increased heart rate and depth of breathing.	

Take the Challenge of sportACT now!

- Get ready → Fill in the Sports Diary, sign the Student Charter, seek parent's consent, and go ahead with the 8-week sports plan. Get set, go!
- Pitch in → Pick the appropriate sport according to your interests and ability, set the target, and practice on train regularly.
- Keep track → After exercising, record the time in the Sports Diary and have it signed by a certifying person (a parent, coach orteacher) every week.
- Submit the record → Submit the Sports Diary to your teacher, so that the school will apply to the LCSD for the awards for all participating students.

Active School Award

The successful promotion of sports in schools hinges on the support and encouragement from school principals and teachers. To show our appreciation for the schools' active promotion of sports development in campus, we will present an "Active School Award" under the Scheme to schools with 25% or more of their students receiving the sportACT award (Note 1) in an academic year (Note2).

Notes:

1. If a student receives multiple certificates (including the certificate for the sportACT Summer Active Challenge which runs from 1 July to 31 August) in an academic year, he/she will be counted as one sportACT awardee in the calculation of assessment for the sportACT Active School Award is based on the number of awardees, not the number of certificates obtained.
2. Only sportACT awards obtained between 1 July and 31 May of the following year count.

$$\frac{\text{Number of awardees of sportACT Awards in the school}}{\text{Total number of students in the school}} = 25\% \text{ or above}$$

Organised by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Hong Kong Childhealth Foundation,
the Education Bureau and
the Physical Fitness Association of Hong Kong, China
Supported by the Department of Health

sportFIT Award Scheme 獎勵計劃

sportFIT
F*requency*
I*ntensity*
T*ime*

sportFIT aims at encouraging students to enhance their physical fitness through exercising. Students can set their own weekly exercising plans according to the Frequency, Intensity and Time of their choices to enhance their physical fitness and health (FIT).

Award Criteria

Students are eligible for sportFIT awards if they have been granted awards under sportACT and School Physical Fitness Award Scheme (SPFAS) in the same academic year. The categories of sportFIT awards are as follows:

sportACT Award of any level	+	Level of award under SPFAS	=	Level of sportFIT Award	Certificate Awarded
		Gold Award		Gold Award	
		Silver Award		Silver Award	
		Bronze Award		Bronze Award	

Note:
1. The scheme counts from 1 July to 31 May of the following year.
2. Please browse the following website for SPFAS:
(http://www.edb.gov.hk/en/curriculum-development/kla/pe/references_resource/spfas/index.html)

Jointly Organised by the Leisure and Cultural Services Department (LCSD) and National Sports Associations (NSAs)
Co-organised by the Education Bureau
Supported by the Department of Health

sportTAG
***T**arget*
***A**t*
***G**old*

sportTAG aims at encouraging students to **T**arget **A**t **G**old Award on a sport of their choice, take structured courses and undergo specialised training to enhance their sports skills progressively.

"sportTAG Award Scheme" encourages students to choose the sport with interest, and pass the tests set by the NSAs. The tests are regarded as skill indicators to assess the skill level of the students in respective sports. Students who have been granted different level of awards, represent they obtained the respective skill level. The recognised skill levels are shown as follow:

Recognised Skill Level	
Gold Award	The skill level of the student should meet the entry requirement for junior squads or reach the level equivalent to or higher than completing the Young Athletes Training Scheme. NSAs may consider selecting students with potential who have passed the test to receive further training in feeder programmes and to join the junior squads.
Silver Award	The skill level of the student should reach intermediate or that of a school team member. Upon passing the test, the student may be selected to join inter-school or internal competitions.
Bronze Award	The student should have acquired the basic knowledge and skills in playing the respective sport. Upon passing the test, the student will play the sport with confidence.

Award Criteria

Students who have been granted sportACT awards of any level and the awards in skill level tests recognised by the NSAs under the scheme are eligible for sportTAG awards.

sportACT Award of any level	+	Level of award under the recognised skill level of the scheme (See Note 2)	=	Level of sportTAG Award	Certificate Awarded
				Gold Award	
				Silver Award	
				Bronze Award	

Note:
1. The scheme counts from 1 July to 31 May of the following year.
2. For NSAs and its skill level under the "sportTAG Award Scheme", please refer to LCSD's website (http://www.lcsd.gov.hk/en/ssp/sports_award/sportTAG/sportTAG_target.html).

sportEXCEL Award

Students who attained sportACT, sportFIT and sportTAG awards in the same school year may be granted a certificate and a pin of "sportEXCEL Award", to acknowledge their achievements in active participation in sports and enhancement of sports skills.

sportACT Award of any level	+	sportFIT Award of any level	+ sportTAG Award of any level	= sportEXCEL Award	Certificate Awarded and Souvenir awarded

Note: 1. The scheme counts from 1 July to 31 May of the following year.

SPORTS Award Scheme 運動獎勵計劃

(sportACT, sportFIT, sportTAG Award Scheme & sportEXCEL Award)
School Participation Procedures

Participation and collection of Log Sheet
By returning the School Charter to the LCSD, participating schools will be given Sports Award Scheme - sportACT Award Scheme Log Sheet.

↓

Distribution of Log Sheet
Teachers distribute the log sheet to students and encourage them to complete the scheme.

↓

Recommendation to join sportFIT, sportTAG and sportEXCEL Award Scheme
Teachers realize the content and the requirement of sportFIT, sportTAG and sportEXCEL Award Scheme, and encourage the students to join the schemes.

↓

Application for Awards

After certifying the sports records of their students, teachers should download an Excel form known as "Record Sheet of Students Qualified for Awards" in the webpage, (http://www.lcsd.gov.hk/en/ssp/sports_award/sportACT/sportACT_main.html) and submit applications for awards according to the following schedule:

Period for students participating in sportACT (including summerActive challege), sportFIT or sportTAG Award Schemes	Schedule for schools to submit applications for awards
Completed during summer vacation	15 September to 25 October (after the commencement of the new academic year)
Completed in first academic term	15 January to 28 February
Completed in second academic term	15 April to 5 June**

↓** Due to large number of application in second academic term, schools are supposed to get the certificates on or before 6 July with on time submission; otherwise, the time for collecting certificates will be determined according to the actual situation.

Collection of sportACT, sportFIT, sportTAG or sportEXCEL Awards
The LCSD will notify schools to collect awards for presenting to qualified students.

↓

Continuous Participation
Schools may request sportACT Award Scheme Student Log Sheet (For students) from the LCSD for continuous implementation of the scheme

Enquiries: School Sports Programme Unit, the Leisure and Cultural Services Department
Website: http://www.lcsd.gov.hk/en/ssp/index.html
Telephone: 2601 7602 / 2601 7648