

Organised by the Hong Kong, China Association of Athletics Affiliates (HKAAA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Athletics
Prospectus

Key Information	Type of Activity	Sport Demonstration	Easy Sport Programme	Joint Schools Sports Training Programme	
			WA Kids Athletics		
Target Participants		Primary and secondary school students	Students of primary 1 to 3	Primary 4 or above (or aged 9 or above) and secondary school students	
Outline	Level	Demonstration of basic skills	Course specially for primary 1 to primary 3 students who are interested in athletics.	Elementary course for beginners. The coaches will modify the course according to the skill levels of the students.	
	Event	<p>Basic skills of track and field groups will be introduced : (Pick either one group)</p> <p><u>Group A:</u> <u>1 field event and 2 track events *</u></p> <p>(Hurdling event must be chosen as one of the track events for demonstration)</p> <p><u>Group B:</u> <u>2 field events and 1 track event *</u></p> <p>(Throwing event and jump event must be chosen as the field event for demonstration)</p> <p>* Race walking is included in track event</p>	<p>Training to be provided with aid of modified equipment through the following 8 activities:</p> <ol style="list-style-type: none"> 1. Target throw 2. Speed hurdles 3. Overhead medicine ball throw 4. Speed Ladder 5. Forward squat jumps 6. Javelin throw 7. Cross hop 8. Formula one 	Primary School	Secondary School
				Sprinting, long jump and softball	Long jump, triple jump, high jump, shot put, discus, javelin, sprints, hurdling, middle - distance race and race walking
Coaches		Coaches and athletes of the HKAAA will introduce the sport and conduct demonstrations. Students will be arranged to join play-in session.	Coaches of the HKAAA will explain how to use the equipment and rules of the games and give demonstrations.	The HKAAA will assign qualified coaches.	

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	Test and competition	Not applicable	Students may take part in the “Easy Sport Competition – WA Kids Athletics Competition” after the completion of the training. (See Points to Note 5 for details)	Students may take part in the “Joint Schools Athletics Training Programme – Badges Award Scheme Assessment Day” after the completion of the training to: 1. Test for specific skills 2. Assess students’ skills according to various levels of badges under the Athletics Badges Award Scheme. (See Points to Note 4 for details)
Venue		School playground, school hall or LCSD sports grounds		LCSD sports grounds (Please refer to the respective prospectus for details.)
Fee		\$710 per session	\$1,320 per course	\$180 per person
Equipment to be provided by the school		Not applicable	Schools may borrow sports equipment from the LCSD in an academic term (about 6 months) when necessary. The subsequent loan priority will depend on the number of applications submitted by other schools. Please contact our staff for enquiry. If schools wish participating in the sport training after the loan period, they have to acquire the equipment at their own resources. Schools are required to provide stopwatches and mattresses on their own.	Not applicable

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Duration	2 hours per session	<p>The course consists of 2 parts:</p> <p>a) Teaching and demonstration- led by coaches and assistant coaches from the HKAAA 2 sessions x 2 hours/session (4 hours in total);</p> <p>b) Practice session - led by coaches from the HKAAA 3 sessions x 2 hours/session (6 hours in total)</p>	<p>10 lessons per course, 2 hours per lesson (20 hours in total)</p> <p>Practice session may conduct in twice a week or once a week, subject to the venue arrangement.</p>
Estimated No. of Participants per Session/Course	80 (25 per play-in session)	30	Available quota at each venue: Quota for different venues or events depends on the actual situation of enrolment)
Proposed Time of Activity	To be arranged by schools (Monday to Saturday: 8 am to 6 pm)		Around October to March of the following year
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 4)
Admission Policy	Not applicable		The maximum number of students for each school/centre is 40 with no restriction on the quota of waiting list. Priority will be given to students continuously receiving training in the whole academic year. Places will be allocated by balloting in school capacity. Should there be any remaining places, the LCSD will allocate them in accordance with the priority by balloting.

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Others	Not applicable		<p><u>Attendance Certificate</u> Students with an attendance rate of 80% or above will be awarded an attendance certificate.</p> <p><u>Athletics Badges Award Scheme</u> Students who have an attendance rate of 60% or above in the Athletics Joint Schools Sports Training Programme and reach the required standard of their age group in the Athletics Joint Schools Sports Training Programme – Badges Award Scheme Assessment Day will receive the diamond, gold, silver or bronze badges and certificates from the LCS D according to their test results. The top 4 students of each group in all items with the best results will be awarded the championship and runners-up awards of the competitions on spot.</p>
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)	Easy Sport Programme Enrolment Form (P.200)	Please refer to the respective prospectus. Prospectus and application form will be faxed to all the primary and secondary schools in Hong Kong around August and uploaded to our website at the same time.
How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.		<ol style="list-style-type: none"> 1. A separate enrolment form is required for each individual course. School should mail the completed enrolment form, together with a crossed cheque for \$180-\$7,200 (\$180 per person) payable to the “Hong Kong, China Association of Athletics Affiliates Limited” with the school name marked clearly on the back to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. 2. If schools wish to apply for more than 1 course concurrently, they should submit separate enrolment forms and cheques.

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Points to Note	<ol style="list-style-type: none"> 1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. 2. Participants should wear proper sportswear and sports shoes. 3. Athletics is available under the Sport Captain Programme. Please refer to the prospectus for details. (P.184) 4. Participants who have an attendance rate of 60% or above in the Joint Schools Athletics Training Programme and meet the required standard of their age group in the Athletics Joint Schools Sports Training Programme – Badges Award Scheme Assessment Day in 2025 may obtain the Diamond, Gold, Silver or Bronze badges and certificates from the LCSD according to their achievements. For details, please visit https://www.lcsd.gov.hk/en/ssp/badges.html. 5. Schools have participated in the athletics training course under the Easy Sport Programme between September 2023 and December 2024 may take part in the “Easy Sport Competition – WA Kids Athletics Competition” under the School Sports Programme in 2025. Details will be announced later. 6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$204 per Sport Demonstration; \$408 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school. 7. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. 8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 		
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html		