

COMMUNITY SPORTS COMMITTEE

Progress Report on the School Sports Tour - iSmart Fitness Scheme

Purpose

This paper aims to report to the Community Sports Committee the implementation progress of the School Sports Tour - iSmart Fitness Scheme (the Scheme).

Background

2. To provide students with more sporting opportunities, the Leisure and Cultural Services Department (LCSD) launched the School Sports Programme (SSP) in 2001 and has since been offering diversified sports activities for students of primary, secondary and special schools in the territory. The activities, organised in line with the daily schedule of schools, aim to cultivate students' interest and encourage their regular participation in sports, raise their sporting standards and identify sports talents for more advanced training. The SSP consists of seven subsidiary programmes, namely the Sport Education Programme, the Easy Sport Programme, the Outreach Coaching Programme, the Joint Schools Sports Training Programme, the Badges Award Scheme, the Sports Award Scheme and the Sport Captain Programme. In the 2013/14 school year, primary, secondary and special schools across the territory maintained a participation rate of over 90% in the SSP. A total of 8 000 activities were organised for the participating schools, drawing a student attendance of around 610 000.

3. According to the findings of the "Healthy Exercise For All Campaign – Physical Fitness Test for the Community" organised by the LCSD, local students suffered from a lack of physical activity and weight problems. In the 2013/14 school year, the LCSD launched a fitness programme known as School Sports Tour – iSmart Fitness Scheme under the Outreach Coaching Programme of the SSP to provide health information and systematic sports training for students with low levels of physical activity and weight problems. In mid-2014, we evaluated the effectiveness of the Scheme after its implementation for one school year. It was found that the Scheme had achieved key results,

which included increasing students' interest in sports, their physical activity level and parents' awareness about the health of their children. Positive feedback was received from participating students and their teachers and parents. The evaluation findings were reported to the Student Sports Activities Co-ordinating Sub-committee (SSACSC) on 3 July 2014. Members may refer to the paper at the **Appendix**. The SSACSC was highly supportive of the Scheme and took the view that it should continue in order to benefit more students.

Follow-up Action

4. The LCSD has refined the operation of the Scheme, having regard to the views of participating students, their teachers and parents and the SSACSC. The department will continue to implement this fitness programme in schools and encourage students to persevere and take an active part in sports activities so as to improve their physical fitness and develop a healthy lifestyle.

Presentation

5. Members are invited to note the implementation progress of the Scheme.

Community Sports Committee Secretariat
August 2014

Student Sports Activities Co-ordinating Sub-committee Progress Report on the School Sports Tour - iSmart Fitness Scheme

Purpose

This paper aims to report on the implementation progress of the School Sports Tour - iSmart Fitness Scheme (the Scheme) in the 2013/14 school year and the evaluation of its effectiveness.

Background

2. The Leisure and Cultural Services Department (LCSD) conducted the “Healthy Exercise for All Campaign - Physical Fitness Test for the Community” in the year 2011-12. The findings of the study indicated that local students suffered from a lack of physical activity and weight problems. In the light of the findings, the LCSD launched the Scheme in the 2013/14 school year targeting students who were physically inactive or overweight/underweight. By providing systematic sports training, the Scheme aims at increasing students’ interest in sports and their physical activity level so as to encourage them to engage regularly in physical activities, improve their physical fitness and develop a healthy lifestyle. Moreover, the Scheme seeks to enhance parents’ awareness of, and concern for, their children’s health by conducting health talks and physical fitness tests. The Scheme is organised by the LCSD, co-organised by the Education Bureau and the Physical Fitness Association of Hong Kong, China and supported by the Department of Health.

Implementation

3. The Scheme provided a total of 20 quotas for all local primary schools and special schools. Invitations were sent to schools by the Education Bureau in April 2013, with 59 applications received from primary schools and 7 from special schools. As a result, 18 primary schools and 2 special schools were selected by ballot (names of participating schools listed at **Annex 1**). The

Scheme was implemented from September 2013 to April 2014. Programme details are set out at **Annex 2**.

4. A total of 544 students took part in the Scheme, of which 44 later withdrew mainly due to heavy homework demands. In addition, some participating schools could only manage to provide one sports training session each week due to venue or schedule issues.

Evaluation of Effectiveness

5. During the course of the Scheme, regular visits were made to participating schools to monitor the implementation progress of the Scheme. Interviews were conducted with teachers and questionnaires were distributed to parents, teachers and students to collect their views on the Scheme. According to the views collected and the physical fitness test results, we consider that the Scheme has achieved key results in the following aspects:

Increasing students' interest in sports and their physical activity level

6. A wide variety of sports activities were provided for students to choose from so as to arouse their interest in sports. Sports activities that students had little opportunity to access (such as dragon dance, lawn bowls and tenpin bowling) were included. The findings of the questionnaire survey showed that more than 90% of the respondents were of the view that the Scheme successfully enhanced students' interest in sports. Moreover, 36% of the students surveyed said their participation in physical activities after school had increased after joining the Scheme, with 88% of them engaged in vigorous-intensity or moderate-intensity physical activity at least three times a week for a total of 30 minutes or more each time.

Improving physical fitness

7. Although students of the 18 participating primary schools only received 48 hours of sports training under the Scheme, over half of them were able to maintain or improve their performance in six of the seven physical fitness test items. As rope skipping and wushu were compulsory training items that could help improve the participants' cardiorespiratory endurance and muscular strength of the limbs, most of the students showed improvement in the

relevant test items (e.g. hand grip, endurance run and standing long jump tests). Please refer to **Annex 3** for the students' performance in physical fitness pre-test and post-test. Moreover, the "Weight-for-Height" ratio of 21 (4%) of the students improved from below the median in the pre-test to normal in the post-test after sports training. However, comparison of the test results for the two special schools was deemed less meaningful, as many of the students could not fully understand the requirements of the physical fitness tests.

Enhancing parents' concern for their children's health

8. Most of the parents were in active support of their children's activities under the Scheme. A total of 349 parents attended the health talks and sports exhibition with their children, while some parents even joined the physical fitness tests. The parents' understanding of, and concern for, their children's health were enhanced through the activities. After participation in the Scheme, half of the parents surveyed said they were able to use the "Weight-for-Height" chart to assess their children's physical condition. The parents also encouraged their children to exercise with them, and about 30% of the students surveyed said they took part in sports activities more often with their families after joining the Scheme.

Stakeholders' views

9. Most of the student participants enjoyed the activities offered under the Scheme, especially rope skipping, which they often practiced after school. More than half of the parents were of the view that, apart from increasing their children's participation in physical activities, the Scheme also had a positive effect on the participants' academic performance. The teachers agreed that the Scheme enhanced both the parents' and the students' awareness of sports participation. Most of the students, teachers and parents strongly supported the Scheme and hoped that it could be continued. Furthermore, all the teachers thought that it would be worthwhile to extend the Scheme to other schools for the benefit of more students. However, some parents opined that the number of training sessions per week should be reduced in view of their children's heavy homework demands.

10. In conclusion, the Scheme has achieved the objectives of increasing students' interest in sports and their physical activity level, as well as enhancing the parents' concern for their children's health. However, remarkable

improvement in the students' physical fitness will only come about with a longer period of sports participation and when certain favourable conditions can be found.

Way Forward

11. In view of the feedback of various parties and the positive evaluation presented above, we will continue to implement the Scheme and will enhance its operation, including simplifying the physical fitness tests and producing DVDs demonstrating bare-handed exercise, to encourage students and their parents to engage in physical activities in their daily lives. There will be rewards for participants who showed improvement in physical fitness post-tests as well as those who continue to join other activities of the School Sports Programme after the Scheme. We will also review the effectiveness of the Scheme regularly with a view to improving its implementation.

Presentation

12. Members are invited to note the implementation progress and effectiveness evaluation of the Scheme, and its mode of operation in the coming year.

Secretariat of Student Sports Activities Co-ordinating Sub-committee
July 2014

School Sports Tour – iSmart Fitness Scheme
List of Participating Schools

Schools		Number of Participants
1	Tin Shui Wai Methodist Primary School	21
2	Sai Kung Sung Tsun Catholic School (Primary Section)	27
3	Buddhist Chi King Primary School	25
4	Li Sing Primary School	25
5	Shatin Methodist Primary School	27
6	Po Leung Kuk Tin Ka Ping Millennium Primary School	23
7	Po Leung Kuk Gold & Silver Exchange Society Pershing Tsang School	30
8	Po Leung Kuk Chan Yat Primary School	25
9	Tseung Kwan O Methodist Primary School	28
10	Chan Sui Ki (La Salle) Primary School	29
11	AD & FD Pok Oi Hospital Mrs Cheng Yam On School	25
12	Shun Tak Fraternal Association Ho Yat Tung Primary School	13
13	Shun Tak Fraternal Association Lee Kam Primary School	28
14	Ho Ming Primary School (Sponsored by Sik Sik Yuen)	29
15	Salesian Yip Hon Primary School	15
16	Sheng Kung Hui St. Peter's Primary School (PM)	30
17	Fukien Secondary School Affiliated School (Primary Section)	21
18	Kwun Tong Government Primary School (Sau Ming Road)	24
19	*Shatin Public School	26
20	*Saviour Lutheran School	29
Total:		500

* Special schools

**School Sports Tour – iSmart Fitness Scheme
Details of Activities**

Activities		Date	Remarks
I	Regional Parents Seminar and Sport Demonstration	September to October 2013	<ul style="list-style-type: none"> The seminar covered the effects of physical activities on student's physical condition, learning ability, healthy lifestyle and physical fitness.
II	Physical Fitness Pre-test		<ul style="list-style-type: none"> The Physical Fitness Association of Hong Kong, China tested the student's physical fitness (including body fat percentage, flexibility, muscular strength, muscular endurance, upper limb strength, power and cardiorespiratory endurance) before they received sports training. The pre-test items included the measurement of body fat percentage, sit-and-reach test, hand grip test, sit-up test, inclined pull-up test, standing long jump and 15m Progressive Aerobic Cardiovascular Endurance Run (PACER).
III	Sports Training Programme	October 2013 to April 2014	<ul style="list-style-type: none"> Schools were offered 13 types of sport activities, out of which they could choose four to six. Their students attended two to three sessions of 1.5 to two hours each week, receiving approximately 48 hours of sports training under the Scheme. The 13 sport activities included basketball, DanceSport, dragon dance, football, gymnastics, lawn bowls, rope skipping, rugby, shuttlecock, mini-tennis, tenpin bowling, soft volleyball and wushu. Rope skipping and wushu were compulsory.
IV	Physical Fitness Post-test	April 2014	<ul style="list-style-type: none"> The student's physical fitness was tested again after the completion of sports training. The post-test items were the same as those for the pre-test.

School Sports Tour – iSmart Fitness Scheme

Findings of Physical Fitness Tests

Test Items	Aspects of Physical Fitness Tests	Percentage of Students who Maintained or Improved Their Performance
1. Hand Grip Test	Muscular strength and muscular endurance	90%
2. 15m PACER	Cardio-respiratory endurance	83%
3. Standing Long Jump	Power, muscular strength and muscular endurance	81%
4. Sit-up Test	Muscular strength and muscular endurance	62%
5. Inclined Pull-up Test	Upper limb strength	62%
6. Sit-and-reach Test	Flexibility	51%
7. Measurement of body fat percentage	Body fat percentage	42%