

Organised by the Leisure and Cultural Services Department

Co-organised by the Education Bureau and the Physical Fitness Association of Hong Kong, China

Supported by the Department of Health

**School Sports Programme
2025/26 iSmart Fitness Scheme
Prospectus**

1. Background: The Leisure and Cultural Services Department (LCSD) has launched the iSmart Fitness Scheme (the Scheme) since the 2013/14 school year, with a view to providing more opportunities for students to participate in sports; encouraging their regular participation in sports; fostering a healthy lifestyle among them; as well as enhancing parents' awareness of their children's health. The Scheme is hosted by the LCSD and co-organised by the Education Bureau (EDB) and the Physical Fitness Association of Hong Kong, China (HKPFA), with support from the Department of Health (DH).
2. Objectives:
 - (i) Activities such as sports training programmes are organised to stimulate the interest of students who are physically inactive or overweight/underweight to participate in sport, enhance their physical activity levels, and encourage them to develop a habit of regular participation in physical activities; and
 - (ii) A health education seminar and physical fitness tests for students are conducted to enhance parents' awareness of their children's health.
3. Target Group: Primary 1 to 6 students who are physically inactive or overweight/underweight.

4. Quota: A total of 30 primary schools, each enrolling 30 students. Priority will be given to first-time applicants. The quotas will be allocated by ballot in case of oversubscription.

5. Sport Training:

- (i) Students are required to participate in all the Fundamental Items;
- (ii) Students are required to complete all Designated Sports courses and select 2 to 4 Elective Sports, for a maximum of 48 training hours in total; and
- (iii) Schools should arrange their own training venues. If venue arrangements pose difficulties, schools should contact the LCSD to discuss schedule adjustments.

(To ensure training effectiveness, it is recommended that students attend sports training sessions at least twice a week.)

6. Fee: Free of charge

7. Description: The Scheme will be rolled out in four phases from September 2025 to May 2026.

Stage 1: Pre-training Physical Fitness Test (Pre-test)	September to October 2025	Before commencement of the sports training programmes, the teacher-in-charge should fix a date on which coaches of the HKPFA will conduct on-campus physical fitness tests for students. The pre-test results will be provided to schools for reference and submitted to the LCSD for assessment of programme effectiveness. The pre-test must be completed on or before October.
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Stage 2: Parents and Students' Seminar	October 2025	All participating students and their parents will be invited to attend a seminar led by the DH, which will cover health education and physical activity. Sports demonstrations and interactive activities will also be held on the same day.
Stage 3: Sports Training Programmes	September 2025 to April 2026	Students are required to participate in all the Fundamental Items and Designated Sports courses, as well as courses on 2 to 4 Elective Sports, for a maximum of 48 training hours total. The sports training courses for the 2025/26 school year comprise Designated Sports, namely physical fitness and rope skipping* and various Elective Sports, covering baseball, basketball, dancesport, dodge disc, dragon dance, football, gateball, handball, lawn bowls, mini tennis, rugby, shuttlecock, squash, table tennis, tenpin bowling and wushu.
Stage 4: Post-training Physical Fitness Test (Post-test)	May 2026	Upon completion of the sports training programmes, coaches of the HKPFA will conduct on-campus physical fitness tests for students. The post-test results will be provided to schools for reference and submitted to the LCSD for assessment of programme effectiveness.

*Schools already providing rope skipping training may replace it with an elective sport.

8. Assessment:
- (i) Coaches of the HKPFA will conduct on-campus physical fitness tests for students before and after the training courses on dates set by the schools. Schools must provide the equipment required for the following test items: height and weight measurement, handgrip strength, sit and reach, and standing long jump;
 - (ii) The LCSD will conduct regular school visits during the training courses to monitor implementation progress; and
 - (iii) Schools will be asked to complete questionnaires after the training courses to provide feedback for programme improvement.
9. Awards:
- (i) Students who complete both the pre-test and post-test and have an attendance rate of 80% in sports training will be awarded a certificate of attendance;
 - (ii) Students who show improvement in the post-test will receive an incentive souvenir; and
 - (iii) Upon completion of the Scheme, based on the records of fitness tracker bands uploaded by participating students as at 4 June 2026, the top 5 students achieving an average of 8 000 daily steps and the highest number of hours in moderate to vigorous physical activity will receive the Award of Outstanding Performance. The school with the highest student participation rate will be presented the Award of Positive Participation.
10. Notes for Applicants:
- Schools wishing to join the Scheme should complete and return the enclosed Application Form (**Enclosure III**) by fax on 2684 9076 to the School Sports Programme Unit of the LCSD.

11. Application Period: On or before 6 June 2025 (Friday)
12. Ballot:
- (i) In case of oversubscription, a ballot will be conducted in the lobby on 1/F of the Leisure and Cultural Services Headquarters at 3:00 p.m. on 16 June 2025 (Monday); and
 - (ii) Schools allocated with a quota will be notified in writing on or before 20 June 2025 (Friday). No separate notifications will be issued to unsuccessful applicants.
 - (iii) Upon receipt of the notifications on successful ballots and arrangements for sports training programmes, successful schools are required to return the completed “Sports Training Programmes – Training Schedule” by 11 July 2025 (Friday) and submit the “List of Participants” and “Declaration of Activity Participation and Data Collection” by 19 September 2025 (Friday). The LCSD will send the above forms and documents via email to successful schools for follow-up in a timely manner.
13. Enquiries: Please contact Mr Ricky NG from the School Sports Programme Unit on 2601 7611.
14. Remarks:
- (i) In case of any inadequacy in this Prospectus, the LCSD reserves the right to make any amendment as appropriate any time without further notice; and
 - (ii) The LCSD will take photographs/videos/audios during the activities, and reserves the right to display/publish these materials on the Internet, at LCSD venues, on the Organiser’s dedicated website, in publications and through other publicity channels for promotion or record purposes.

- (iii) The information provided by applicants will only be used by the LCSD for the purposes of handling applications for the Scheme, announcing ballot results, compiling statistics, maintain future contact and conducting feedback surveys. Only persons authorised by the LCSD may have access to such information. For correction of or enquiries about the personal data submitted, please contact the School Sports Programme Unit of the LCSD on 2601 7602.

School Sports Programme
2025/26 iSmart Fitness Scheme
List of Activities

Enclosure II

Sports	Hours per Session	No. of Session	Total No. of Hours
I. Fundamental Items (excluded from total training hours)			
<u>Before commencement of Sports Training Programmes</u>			
Fitness Walking ^(Note 1)	2	1	N.A.
Physical Fitness Test (Pre-test) ^(Note 2)	2	1	N.A.
<u>After completion of Sports Training Programmes</u>			
Physical Fitness Test (Post-test) ^(Note 2)	2	1	N.A.
II. Sports Training Programmes ^(Note 3)			
<u>Designated Sports</u>			
Physical Fitness	2	6	12
Rope Skipping ^(Note 4)	2	6	12
<u>Elective Sports (Schools are free to select the sports training courses as appropriate)</u>			
Football	2	6	12
Handball	2	6	12
Squash	2	6	12
Wushu	2	6	12
Basketball	2	5	10
Dancesport	2	5	10
Dodge Disc	2	5	10
Dragon Dance	2	5	10
Mini Tennis	2	5	10
Rugby	2	5	10
Table Tennis	2	5	10
Tenpin Bowling	2	5	10
Baseball	2	3	6
Shuttlecock	2	3	6
Gateball	2	2	4
Lawn Bowls	2	2	4

Notes:

1. Fitness walking is part of fundamental training, which commences at the beginning of the school year (i.e. from September to early October).
2. Schools are required to schedule dates for coaches of the HKPFA to conduct on-campus physical fitness tests for students.
3. The sports training programmes comprise courses on Designated and Elective sports. Schools are invited to select 2 to 4 Elective Sports based on school facilities and student interest.
4. Schools already providing rope skipping training may replace it with an elective sport.