

**Organised by the Leisure and Cultural Services Department,  
the Department of Health and The Gymnastics Association of Hong Kong, China  
Co-organised by the Education Bureau**

**Prospectus of Bronze and Silver Medal Programmes of  
Workshop on Gymnastics for All for Pre-school Children 2025/26**

- Purpose:** To teach pre-school workers the knowledge and skills related to gymnastics for all, and to enhance their proficiency in leading kindergarten children to have physical exercises, with a view to helping children develop the habits of healthy living and promoting a healthy culture in schools.
- Programme Content:**
- (1) Explanation of the teaching skills related to gymnastics for all and children's physical development;
  - (2) Teaching of the exercises covered by the Badges Award Scheme for Gymnastics for All, including freehand exercises, ball exercise, rope exercise, hoop exercise and silk scarf exercise, etc.;
  - (3) Explanation and demonstration of the skills involved in leading children to have gymnastics for all exercises safely and other safety precautions.
- Programme Arrangement:**
- (1) Bronze and Silver medal programmes, to be conducted in the form of workshops, comprise a total of three 3-hour sessions.
  - (2) Participants are required to complete the bronze medal programme and obtain attendance certificates prior to enrolling onto the silver medal programme.

**Enrolment Requirement:** Pre-school workers

**Date and Time of Programme:**

	Programme	Date	Time	Venue
1	Bronze(1)	5, 12, 19 October 2025 (Sunday)	09:00 – 12:00	Activity Room 2, 10/F, Fa Yuen Street Sports Centre
2	Bronze(2)	26 October & 2, 9 November 2025 (Sunday)	09:00 – 12:00	
3	Silver	23, 30 November & 7 December 2025 (Sunday)	09:00 – 12:00	

**Quota :** 36 persons for each programme

**Fee :** \$80 per person

**Enrolment Period :**

- (1) Bronze(1): From now to 22 September 2025
- (2) Bronze(2): From now to 13 October 2025
- (3) Silver: From now to 10 November 2025

(The postmark date will be deemed the date of submission in the case of applications by mail.)

**Enrolment Method :**

- (1) Please submit the duly completed enrolment form together with a cheque for payment of activity fees (each participant should submit a separate \$80 cheque for each course), made payable to "The Government of the Hong Kong Special Administrative Region", in person or by mail to the office of the School Sports Programme Unit (Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1 Pai Tau Street, Sha Tin) or email the enrolment form to [applicationssp@lcsd.gov.hk](mailto:applicationssp@lcsd.gov.hk) by the enrolment deadline.
- (2) If a "Confirmation Notification" is not received 3 days before the commencement of the programme, please contact the LCSD at 2601 7608 immediately or the organisers will not be able to process the applications.

Notes for Enrolment :	<ol style="list-style-type: none"> <li>(1) There is no limit on the number of applicants for each school, but schools <u>are required to indicate the priorities of their applicants</u>. Should the number of applicants exceed the quota, the LCSD will allocate places by lot drawing, on a school basis, according to the priorities of the applicants.</li> <li>(2) The lot drawing will be held as necessary at the 1<sup>st</sup> Floor, LCSD headquarters at 10 am on the Wednesday immediately after the deadline.</li> <li>(3) Participants may concurrently enrol onto the Bronze and Silver programmes. However, those failing to complete the Bronze programme are not allowed to attend the Silver programme. The fees paid for the Silver programme will not be refunded.</li> <li>(4) The participants who completed the Bronze programmes of " Workshop for Pre-primary Children's Gymnastics for All" or " Workshop for Pre-school Children's Gymnastics for All " held between 2017 and 2025 may directly enrol onto the Silver programme. However, the applicants are required to submit a copy of their certificates for the Bronze programmes for verification.</li> <li>(5) Schools will be notified by fax in the case of successful application. Unsuccessful applicants will not be notified separately.</li> <li>(6) The enrolment fees will not be refunded upon confirmation of the enrolment.</li> <li>(7) The organisers reserve the right to cancel the programmes in the case of insufficient applicants.</li> </ol>
Award :	<p>Participants with full attendance will be awarded a certificate of attendance from the Association. If a participant is absent/late to classes for more than 30 minutes, he/she shall be deemed absent for the classes in question.</p> <p>(With such a certificate of attendance, a participant may be exempted from the need to attend some classes of the General Gymnastics Instructor Class organised by the Gymnastics Association of Hong Kong, China.)</p>
Notes to Participants :	<ol style="list-style-type: none"> <li>1. Participants are required to wear proper sportswear and gymnastic shoes to attend classes.</li> <li>2. Participants should bring their drinking water and personal hygiene items.</li> <li>3. Non-participants are not allowed to stay inside the venues.</li> <li>4. Participants should be aware of their health condition and avoid taking the class when feeling unwell or symptoms of infectious diseases like fever, respiratory symptoms (e.g. cough, running nose, sore throat), conjunctivitis, skin rash, skin damage, etc.</li> <li>5. The Gymnastics Association of Hong Kong, China reserves the right to revise the programme content having regard to the prevailing situations. Participants should pay attention to the latest arrangements.</li> </ol>
Inclement weather arrangement :	<p>A session will be cancelled if the Education Bureau announces school suspension or if the Tropical Cyclone Warning Signal No. 8 or above, or Red Rainstorm Warning Signal or above remains in force two hours before the session commences. Arrangements of make-up classes will be announced later.</p>
Enquiries:	2601 7608