

Jointly organised by the Leisure and Cultural Services Department,
the Physical Fitness Association of Hong Kong, China and the Department of Health
Co-organised by the Education Bureau

Workshop on Health and Physical Activities for Preschool Children (1) & (2)

Prospectus

Objective : To equip the teaching staff of kindergartens and child care centres with the basic concepts of “health-related physical fitness” and up-to-date knowledge on preschool physical activities; to deepen their understanding of the idea that “a healthy life begins in early childhood”; and to enhance their teaching confidence and effectiveness through providing practical training in organising and facilitating physical activities, as well as teaching suggestions.

Instructor : Experienced children fitness instructor from the Physical Fitness Association of Hong Kong, China

Content :	Workshop (1)	Workshop (2)
	<ul style="list-style-type: none"> - Physical Activities and Sedentary Behavior - Fundamental Movement Development in Young Children - Game-Based Strategies for Designing Physical Activities - Creative Movement and Rhythm for Young Children 	<ul style="list-style-type: none"> - Curriculum Planning, Lesson Planning, and Classroom Practical Arrangements - Parent-Child Fitness and Physical Activity-Related Parenting Practices - Sensory Integration Training - Special Learning Needs and Adaptive Physical Activity and Health Programs
	<ul style="list-style-type: none"> - Including theory courses, practical sessions, group discussions and workshops - The workshops will be conducted in Cantonese 	

Notes to Participants :

- 1. Participants must attend both Workshop (1) and Workshop (2)** (4 days, a total of 24 hours).
- Participants are required to sign the “attendance sheet” before each session to log attendance hours.
- A certificate of attendance will be awarded to participants who achieve at least 21 hours of attendance and pass a written assessment.
- Participants should wear proper sportswear and non-marking sports shoes.

Date, Time, Venue and Fee :	Workshop	Date	Time	Venue	Fee
	(1)	3 & 10 Jan 2026 (Sat)	9:30 am	Activity Room, Hang Hau Sports Centre (1-3/F, Sai Kung Tseung Kwan O Government Complex, 38 Pui Shing Road, Tseung Kwan O)	\$160
	(2)	17 & 24 Jan 2026 (Sat)	4:30 pm		

Quota : 30 persons

Target Participants : Current teaching staff at kindergartens or child care centres

Enrolment Deadline : **28 November 2025 (Friday)** (For postal applications, the postmark date will be deemed the date of submission.)

How to Enrol :

- Please submit the completed enrolment form together with a crossed cheque for the course fee (payable to “The Government of the HKSAR”) by hand or by post to the School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. **The total course fee for Workshops (1) and (2) is HKD\$160. A separate cheque is required for each participant.**
- Each school may nominate multiple participants. If oversubscribed, places will be determined by ballot. The ballot will be held at 3 pm on 3 December 2025 (Wednesday) at 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin. Representatives from schools are welcome to attend.
- Once the enrolment is confirmed, the course fee is non-refundable and the place is non-transferrable. Successful schools will be notified in writing.

- Remarks : The Organiser will take photographs, videos and audio recordings during the programme, and reserves the right to display/publish these materials on the Internet, at venues of the Leisure and Cultural Services Department, on the Organiser's dedicated website, in publications and through other publicity channels for promotional or record-keeping purposes.
- Enquiry : Mr. TANG, School Sports Programme Unit
Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin.
Telephone Number: 2601 7618

To : School Sports Programme Unit, Leisure and Cultural Services Department (Fax : 2684 9076)
Enrolment Deadline : 28 November 2025 (Friday)

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Workshop on Health and Physical Activities for Preschool Children (1) & (2) **Enrolment Form**

Name of School : _____

Address : _____

Telephone No. : _____ Fax No. : _____

Information of Participants:

Email Address : _____

(If there is insufficient space, please continue on a separate sheet.)

Priority	Name of Participant (Please fill in BLOCK letters to facilitate printing of certificates)	Post Title	Mobile No.
1.	(Chi)		
	(Eng)		
2.	(Chi)		
	(Eng)		
3.	(Chi)		
	(Eng)		
4.	(Chi)		
	(Eng)		

Remarks:

- Each school may nominate multiple participants, but must rank them in order of priority. If oversubscribed, places will be determined by ballot.
- The information provided will only be used by the LCSD, the Health Department and the Physical Fitness Association of Hong Kong, China for purposes of enrolment in this programme, compilation of statistics, future contact and opinion survey. Only persons authorised by the Organiser or the LCSD will have access to such information for the aforesaid purposes.
- If an "Acknowledgement of Receipt" has not been received by **1 December 2025 (Monday)**, please contact Mr. TANG of the School Sports Programme Unit, LCSD, on 2601 7618. Otherwise, the LCSD will be unable to process your application.

Declaration:

I hereby grant permission to the Organiser to take photographs, videos or audio recordings during the programme, and 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 promotional or record-keeping purposes.

Signature of Principal : _____

Name of Principal : _____

Date : _____

School Chop

【For Official Use Only】 Acknowledgment of Receipt Workshop on Health and Physical Activities for Preschool Children (1) & (2) Your application has been received and is being processed. For enquiries, please contact our Mr. TANG on 2601 7618. <div>School Sports Programme Unit Leisure and Cultural Services Department</div>	LCSD Chop Date : _____
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