

**Organised by the Leisure and Cultural Services Department(LCSD)
Co-organised by The Gymnastics Association of Hong Kong, China (GAHK)
School Sports Programme
Let's Move@Preschool (幼動樂) - Gymnastics**

Prospectus

Type of Activity	Sport Demonstration (Gymnastics for All)	Sport Demonstration (Aerobic Gymnastics)
Key Information		
Target Participants	Kindergarten Students (K1-K3)	
Outline	<p>To increase teachers and students' knowledge of gymnastics by introducing gymnastics and let students' participate in fun, and to convey the benefits of gymnastics to pre-school or kindergarten teachers and students.</p> <p>In this activity, the Gymnastics Association of Hong Kong, China will send senior coaches to the schools to conduct gymnastics activities based on games, so that pre-school children can experience and learn from it, establish correct concepts about gymnastics, and cultivate the habit of "loving sports", with a view to laying a foundation of sports for children's healthy growth.</p>	
Venue	A place suitable for safe use for gymnastics in the school. (About 80-100 square meters, depending on the number of participants, larger space may be needed)	
Fee	Free of Charge	
Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector and screen	
Other Sports Equipment	Scarf, hoops, ribbons, balls & rope (to be provided by GAHK)	Not Applicable
Duration	2 hours (Divided into 2 sessions, 1 hour for each)	
Estimated No. of Participants per	40 (20 per play-in session)	

Session/Course	
Proposed Time of Activity	Monday to Friday: 9 am to 4 pm Saturday: 9 am to 1pm (Other time slot is negotiable.)
How to Enroll	<ol style="list-style-type: none"> 1. Please submit the completed electronic application form within the enrolment period by email at: applicationssp@lcsd.gov.hk. 2. Please specify in the application whether Gymnastics for All or Aerobic Gymnastics is preferred (The Association will arrange as much as possible).
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. 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. 4. After the activity is confirmed, the school should contact the instructors in advance to discuss the equipment and venue arrangement.
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/tc/ssp/index.html