

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Body-Mind Stretch – Prospectus

| Type of Activity Key Information | Sport Demonstration | Easy Sport Programme | Outreach Coaching Programme |
|---|---|---|--|
| Target Participants | Students with Hearing Impairment/Intellectual Disability/ Physical Disability/Visual Impairment | | |
| Outline | <ul style="list-style-type: none"> • Introduction to body-mind stretching movements • Demonstration and play-in session | <ul style="list-style-type: none"> • Introduction to body structures and functions • Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility • Muscle strength, core stability and body balance training | <ul style="list-style-type: none"> • Introduction to body structures and functions • Dynamic stretching training, including a range of exercises from those increasing joint spaces and mobility to enhancing body flexibility • Muscle strength, core stability and body balance training • Aerobic exercise training • Body coordination training |
| Venue Requirements | Indoor venue with adequate space | | |
| Fee | Free | | |
| Equipment to be provided by NSAs | Not Applicable | | |
| Equipment to be provided by School | Small fitness balls (if any), fitness mats, headset microphones and audio players In addition, staff must be arranged by schools to maintain order to ensure smooth conduct of the activity. | | |
| Clothing of Participants | Sportswear and sports shoes | | |
| Duration | 2 hours per session | At least 2 to 4 sessions; At least 2 hours per session | At least 5 to 8 sessions; At least 2 hours per session |
| Estimated No. of Participants per Session | 30 | | |
| Proposed Date/ Time of Activity | Monday to Friday: 9 am to 6 pm, Saturday: 9 am to 1 pm | | |
| Enrolment Form | Sport Demonstration – General Sport Enrolment Form | Easy Sport Programme – General Sport Enrolment Form | Outreach Coaching Programme – General Sport Enrolment Form |
| How to Enrol | Please submit the completed e-form before the deadline (please refer to “Application” (P.3-4) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk . | | |
| 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 a school requests for cancellation of an activity for which a venue and a coach have been arranged by the LCSD, no re-scheduling of an activity will be arranged. | | |

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| | 4. The actual teaching content will be properly adjusted in accordance with participants' capabilities. 5. School of hearing-impairment: the school is required to arrange a sign language interpreter during activities. | | |
| Enquiry No./ Website | 2601 7602 / www.lcsd.gov.hk/en/ssp/special_school_info/special_school.html | | |