

Organised by the Leisure and Cultural Services Department
School Sports Programme (Special School)
Physical Fitness – 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 Physical requirements: Basic lower limb mobility, able to stand and walk		
Outline	<ul style="list-style-type: none">• Introduction to fitness games• Demonstration and play-in session	<ul style="list-style-type: none">• To train body stability and co-ordination ability through different forms of fitness games to improve balance, body co-ordination and agility• Enhancing the quality of life and functional abilities	
Venue Requirements	Indoor venue (chairs are required)		
Fee	Free		
Equipment to be provided by NSAs	Not Applicable		
Equipment to be provided by School	Balance boards, mini hurdles, speed ladders (if any) School venues with adequate space and headset microphones as well as assign staff to maintain order.		
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	10		
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.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		