

Organised by the Leisure and Cultural Services Department

**Co-organised by The Gymnastics Association of Hong Kong, China (GAHK)
School Sports Programme – Gymnastics**

Prospectus

Type of Activity Key Information	Sport Demonstration (Gymnastics for All)	Sport Demonstration (Aerobic Gymnastics)
Target Participants	Kindergarten Students (K1-K3)	
Outline	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. In this activity, the Gymnastics Association of Hong Kong, China (GAHK) 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 growth.	
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 (to be provided by GAHK)	Light equipment such as scarves, hoops, ribbons, gymnastic balls and ropes	Not Applicable
Duration	2 hours (Comprising 2 sub-sessions of 1 hour each)	

Estimated No. of Participants per Session/Course	40 (20 per session)
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	1. Please submit the completed electronic application form to the LCSD by email (applicationssp@lcsd.gov.hk) before the specified date. 2. Please specify on the application form whether Gymnastics for All or Aerobic Gymnastics, is preferred. GAHK will make every effort to arrange the selected activity based on the school's preference.
Inclement Weather Arrangements	In the event of any of the following circumstances, the activity on that day will be cancelled. Participating schools will be notified of the alternative arrangements in due course. ● The Tropical Cyclone Warning Signal No. 3 or above, or Rainstorm Signal Red/ Black has been issued by the Hong Kong Observatory within two hours before the scheduled start of the activity; or ● The Environmental Protection Department has announced that the Air Quality Health Index (AQHI) recorded at its general monitoring stations reaches 10+ ("Serious" health risk category) in the district concerned; or ● The Education Bureau has announced class suspension.
Points to Note	1. School must assign a person-in-charge aged 18 or above or a teacher to oversee the activity. 2. Participants should wear proper sportswear and sports shoes for the activity. 3. If the activity is cancelled by schools on its very day, there will be no rescheduling or make-up sessions. 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