



Queen Elizabeth School

Developing an Active and Healthy School Campus Strategy

BACKGROUND

- The first government co-educational Anglo-Chinese secondary school in Hong Kong founded in 1954
- Located on a hill overlooking crowded Mongkok, Kowloon
- A total of 24 classes with about 850 students
- Campus facilities including 1 school hall, 1 student activity centre (mirror room), 1 soccer grass-field, 1 tennis court, 2 multi-purpose basketball courts and 2 volleyball courts
- A school camp in Sai Kung for physical and field training of camp wardens

OBJECTIVES

- To promote students' moral, intellectual, physical, social and aesthetic development of students through different programmes as the school mission
- MVPA60 serving as one of the breakthrough means
 - to develop an active and healthy lifestyle among students;
 - to foster students' physical, social and aesthetic development;
 - to facilitate students to pursue lifelong participation in sports and physical activities; and
 - to enhance students' growth in sense of self-discipline, civic responsibility and commitment to the common good in their service to an active and healthy community
- A whole-school approach to be adopted

IMPLEMENTATION

1. P.E. Curriculum

1.1 Features

- A wide variety of physical activities are included in P.E. lessons.
- Other than the major sports, social dance (waltz), bowling, rugby and juggling are included in P.E. lessons.
- Fitness workout are included in every lesson to enhance students' physical condition.

- Popular fitness activities i.e. High Intensity Interval Training (H.I.I.T), Progressive Muscle Relaxation, etc. is taught to promote life-long health and fitness.
- S.5 and S.6 students joined the Cardiopulmonary Resuscitation (CPR) Training in Campus (1.5 hours/class) organised by the Ambulance Command, Hong Kong Fire Services Department.

1.2 Assessment

- Continuous assessment is adopted in P.E. to encourage students to improve.
- A comprehensive assessment scheme is involved – 40% for skills test, 40% for fitness test and 20% for learning attitude.
- The fitness test includes push-up, 1-minute sit-up, sit-and-reach test and 9-minute Run/ 15-meter P.A.C.E.R. test which provides an inclusive assessment for students.
- In some levels, written tests or assignments are included to enhance the knowledge of students in this subject. The written assignment may require students to adopt e-learning to enhance their self-directed learning.

1.3 Extend learning beyond the classroom

- An abundant amount of books related to health and P.E. are available in the school library.
- S.1 and S.2 students are required to submit a video sharing on PE reading reflections and their ideas to increase the daily time for physical activities.
- Google classrooms has been set up for students. Other than using the platform to submit assignments. Students could also discuss lesson contents or other topics related to health and P.E.

2. Promote a Healthy Campus

2.1 Exercise before and after school

- School sports team are encouraged to have a morning session before school.
- Every school team has at least 2 training sessions a week after school

2.2 Make use of the break time

- During the recess and lunch time, the school playground is open for students' use. Sports equipment e.g. shuttlecocks, badminton rackets, table tennis rackets are available for students to use.

2.2 Sports Association

- Sports association is set up to promote the 'active culture' among students.
- Inside school competitions are held every year.
- Committee members update the decoration boards regularly to show information related to health and P.E. The news about school sports team is

also shown.

- Online platform e.g. Facebook, is used to show the latest news about school sports events.

2.3 Inter-house/ Inter-class

- 7 inter-house competitions are held every year, which promotes the 'active culture' in the campus.
- Inter-class sports competitions are also held to promote the class spirit.

2.4 Summer workshop

- Summer workshop in different sports are organized in order to make use of the holiday to promote active lifestyle.

3. Major Events at School

3.1 Sports Days

- Annual Sports Days for two days for S.1 to S.6 students
- Over 700 entries every year
- A compulsory 400m fun run event for S.6 students
- S.1 students as house cheering team members
- Over 150 student helpers and 50 parent volunteers in the event
- Involvement of alumni and parents in the following events to ensure their support on sports participation: 5000m, 2 x 100m parent-student relay and 4 x 100m special relay

3.2 Swimming Gala

- Annual Swimming Gala for one day for S.1 to S.6 students
- Over 200 entries every year
- 25m events, i.e. free style and breast stroke, are organized for beginners of all grades
- S.1 students as house cheering team members
- Over 100 student helpers in the event
- Involvement of alumni parents in the following events to ensure their support on sports participation: 2 x 50m parent-student relay and 4 x 50m special relay

3.3 Inter-House Competitions

- Organize the abovementioned competitions throughout the academic year with the assistance of house masters and mistresses
- Events including badminton (mixed open), basketball (boys / girls), football (boys), table tennis (mixed open), rope skipping (mixed open-

junior forms) and volleyball (mixed open)

- Require house committee members to recruit team mates and be referees of the competitions

3.4 Open Days and Learning Celebration

- Organize annually at the year end to realize students' potential in physical and aesthetic development
- Annual performance by rope skipping team and dance team