

**Quality Education Fund**  
**The Dedicated Funding Programme for Publicly-funded Schools Part B: Project Proposal**

<b>Project Title:</b> School-based Physical Fitness Curriculum	<b>Project Number:</b> 2018/0087 (Revised)
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**Name of School:** HKBUAS Wong Kam Fai Secondary and Primary School

**Direct Beneficiaries**

(a) Sector: Kindergarten Primary Secondary Special School

(b) Beneficiaries: (1) Students: 600 (Primary 3 to 6); (2) Teachers: 68; (3) Parents: 300

**Project Period:** 8/2019 to 2/2022 (31 months)

**1. Project Needs**

1.1	Project Aim(s)	Through setting up a fitness corner (for Primary 3-6) on school premises and optimising the school-based Physical Education (PE) curriculum for Primary 1 to 6, this project aims to enhance students' understanding of physical fitness training and assessment and help them establish an active and healthy lifestyle. The project also seeks to raise teachers' awareness towards a healthy lifestyle and relieve their work-related stress through physical fitness activities.
1.2	Innovative element(s)	The school has been incorporating PE theories into the curriculum in the senior levels since 2008 to further strengthen students' knowledge related to physical fitness and understanding about its assessment. Setting up a fitness corner on the campus can expand students' learning in physical fitness and health in the general PE curriculum. Students can experience firsthand the fun of trying the motor bike and rope skipping kiosks with the results and improve their performance in physical fitness.
1.3	Alignment with school-based / students' needs	A major concern for the school in the coming year is 'promoting students' physical and mental health'. If the project is approved, the school will give its full support in terms of administration and resources. The project will strengthen students' understanding of physical training and its assessment and help them establish an active and healthy lifestyle.

**2. Project Feasibility**

2.1	Key concept(s) / rationale(s) of the project	The project is mainly concerned with teaching the usage of basic fitness equipment and theories related to physical fitness training in regular PE lessons. Students will design their own physical fitness plans, under the guidance of PE teachers, and execute them. Pre-test and post-test on training will be provided to students. Reference has been made to <i>An Overview of the Learning Topics in the Six Strands of Physical Education Key Learning Area</i> from the Education Bureau when designing the curriculum, including: Motor and Sports Skills, Health and Fitness, Sports-related Values and Attitudes, Knowledge and Practice of Safety.
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2.2	Applicant's readiness or ability/ experience/ conditions/ facilities for project implementation	<ul style="list-style-type: none"> <li>There are five PE teachers with recognised qualifications in the school. The Project Leader (the Head of the PE Panel) will co-ordinate the implementation of the activities of the entire project and the remaining four PE teachers have a working knowledge of physical fitness.</li> <li>The school has been incorporating PE theories into the curriculum in the senior levels since 2008. Teachers have considerable experience in this area and they understand the needs of developing students' physical fitness.</li> </ul> <p>Teachers are in favour of the idea that setting up a fitness corner on campus can expand students' learning in physical fitness and health in the general PE curriculum. They agree that by letting students experience different kinds of equipment training and experience the results, students' physical fitness can be improved.</p>
2.3	Principal's and teachers' involvement and their roles	<p>The Project Leader (the Head of the PE Panel) will co-ordinate the implementation of the activities of the entire project and the remaining four PE teachers will support the implementation of the project. PE teachers will be responsible for devising and teaching of the physical fitness curriculum in regular PE lessons. Apart from this, all PE teachers of the school will participate in seminars and training on physical fitness.</p> <p>All other teachers will be invited to join as well.</p>
2.4	Parents' involvement / participation	<p>Parents will be encouraged to take the lead to have a healthy lifestyle. They are the role models for their children at home. Thus, parent talk will be conducted and parents will be invited to join the parent-child rope skipping competition.</p>
2.5	Roles of collaborator(s)	Not applicable.

## 2.6 Implementation timeline

Implementation period (MM/YYYY)	Project activities
8/2019 - 10/2019	Renovation work for the fitness corner at the school atrium; procurement and installation of equipment
	Devising the school-based PE curriculum for P3 to P6 by incorporating theories related to physical fitness and practice units; preparation of teaching materials
10/2019 - 11/2019	Physical fitness training for members of the sports teams in the fitness corner
11/2019 - 12/2019	Seminar and training on physical fitness for teachers and parents
	Training senior students to be managers of the fitness corner
1/2020 - 2/2020	Teaching the physical fitness unit and the use of equipment during regular PE lessons for P3-6 students
	Promotion of the rules and regulations of using the equipment in fitness corner.
3/2020 - 4/2020	Fitness competitions (inter class, parent-child competition, individual competition)
5/2020 - 6/2020	Review of the plan and fine-tune the school-based PE curriculum 2021/22
6/2020 - 2/2022	Implementation of the plan
2/2022	Evaluation and Submission of report to QEF

## 2.7 Details of project activities

### a. Student activity:

Activity name	Content	Number of sessions and duration	Teachers' involvement and/or hired personnel	Expected learning outcomes
Activity 1: Teaching physical fitness in P3-P6 PE lessons	<ol style="list-style-type: none"> <li>Physical fitness theory and practice unit: components of a physical fitness, basic measurement and assessment of physical fitness, sports and weight control.</li> <li>Physical fitness theory and practice unit: basic human muscular system, basic principles of anaerobic and aerobic sports training.</li> <li>Safety and regulation of using the equipment in Fitness Corner</li> </ol>	A total of 6 lessons for each level; 40 minutes per lesson	PE teachers of the school are responsible for devising and implementing the physical fitness lessons	Students will be able to master: using the fitness corner equipment to train and assess physical fitness to improve cardiovascular fitness and exercise weight control; understanding the usage of the equipment and the relevant safety measures.
Activity 2: Physical fitness training for members of the sports teams	Provide regular training for members of the sports teams using the fitness corner equipment under the instruction of PE teachers.	Weekly, 1 hour per session	PE teachers of the school	The members will understand the training focuses of different sports. They will also be given guidance on designing their own training plan and its effectiveness assessment.
Activity 3: Training students to be managers of the fitness corner	20 students will be recruited publicly through interviews and physical fitness tests to be fitness corner managers. PE teachers will teach them the regulations of using the fitness corner, the safe operation of the equipment and procedures of handling accidents. Students who use the equipment must have received training from teachers during PE lesson. During the opening hours of the fitness corner, a teacher will be on duty and student managers will assist in the management of the fitness corner.	The fitness corner will be open for use by students during recess and after school.	PE teachers of the school.	Student managers will understand the regulations of using the fitness corner, the safe operation of the equipment and procedures of handling accidents.

b. Teacher training:

Activity name	Content	Number of sessions and duration	Hired personnel	Expected learning outcomes
Seminar and training on physical fitness for teachers	<ol style="list-style-type: none"> <li>1. A professional instructor will visit the school during staff development day to brief teachers on the basic concepts of physical fitness, weight control, stress management and how to use the fitness equipment properly.</li> <li>2. The fitness corner will be open to teachers for fitness exercises.</li> </ol>	<ol style="list-style-type: none"> <li>1. Seminar on physical fitness: 2 hours</li> <li>2. Opening the fitness corner: recess and after school till 6pm.</li> </ol>	Professional instructors who possess qualifications such as professional certificates from the Physical Fitness Association of Hong Kong, China will conduct the seminar and the training	Teachers will have a better understanding of and heightened attention of their own health. They will also be able to conduct physical fitness exercises safely and correctly.

c. Equipment (including installation of new fixtures or facilities):

Details of equipment to be procured	Contribution to fulfilment of the project aim(s) and the expected utilisation rate
<p>Training equipment for physical fitness:</p> <ol style="list-style-type: none"> <li>a. Rope Skipping Kiosks Arouses students' interest in rope skipping by providing challenges and games</li> <li>b. Motor Bike Improves muscular and cardiovascular strength</li> <li>c. Stationary electric weight and height measuring machine Keeping record of students' growth condition (Grwoth Chart)</li> <li>d. Flat bench For gathering the students when conduct a lesson. Sometimes the bench can be as an equipment for fitness training</li> </ol>	The equipment can be used by students to train and assess physical fitness and to design personalised exercise plans using the FITT principle. Understanding the FITT principle helps you create a workout plan that will be more effective in reaching your fitness goals. F.I.T.T. stands for frequency, intensity, time, and type of exercise. During opening hours of the fitness corner, teachers and student managers will record the number of users. The total number of users for any period must not exceed 20. The average utilisation rate is expected to exceed 70%.

d. Construction works:

Details of the construction works proposed	Contribution to fulfilment of the project aim(s) and the expected utilisation rate
<ul style="list-style-type: none"> <li>● The area outside printing room on G/F will be renovated into the fitness corner. It is around 15 feet x 15 feet</li> <li>● The school will observe the <i>Safety Guidelines on Physical Education Key Learning Area For Hong Kong Schools</i> and other relevant safety guidelines and take appropriate safety measures to ensure the safety of the users of the fitness room.</li> </ul>	<p>Through the construction of a fitness corner, this project meets the curriculum objective of the PE Key Learning Area by allowing students to infuse PE skills into the study of theories when learning important topics such as physical fitness. This project will also cultivate in students a habit of active participation in sports through encouraging the use of the equipment and the provision of various learning activities so as to foster their physical health and to establish a healthy lifestyle on campus.</p>
<ul style="list-style-type: none"> <li>● The school will ensure that: (i) there is enough space between pieces of equipment to allow users to carry out activities; and (ii) users of the fitness corner will have received enough training</li> <li>● The Rope Skipping Kiost (42 inch touch monitor, around 1.5 metre tall) will be fixed on to the wall at the fitness corner, so that to ensure it won't fall down and cause safety problem.</li> </ul>	<p>During opening hours of the fitness corner, teachers and student managers will record the number of users. The total number of users for any period must not exceed 20. The average utilisation rate is expected to exceed 70%.</p>

e. Features of the school-based curriculum to be developed:

A school-based P3 to P6 physical fitness curriculum will be developed. Through instruction on the theories and practice sessions, students will master how to use the fitness room equipment for physical fitness training and assessment.

f. Other activities

Safety regulations will be displayed conspicuously in the fitness corner. They will also communicate with parents and students through a circular.

Parent Talk will be held to encourage parents to be a good role model for the students.

Theme of the Talk : How to motivate children to do more exercise and the role of parents.

Target Group : P3-6 Parents

Quota : 300

## 2.8 Budget

**Total Grant Sought: HK\$213,900**

Budget Categories*	Breakdown for the budget items		Justifications <i>(Please provide justification for each budget item, including the qualifications and experiences required of the hired personnel.)</i>
	Item	Amount (HK\$)	
a. Staff	Not applicable		
b. Service	Seminar on physical fitness for teachers and staff members and instructors' fees (\$1,000/hour × 2 hours)	\$2,000	Requirements for the professional instructor: in possession of professional certificates from the Physical Fitness Association of Hong Kong, China, or other equivalent qualifications
c. Equipment	Stationary electric weight and height measuring machine (Quantity: 2)	10,000	
	Upright Exercise Bike (Quantity: 4)	40,000	
	Rope Skipping Kiosk (Quantity: 2)	45,000	
	Flat bench (Quantity: 3)	15,000	
d. Works	Renovating the ground of the Atrium, paint job and other works	80,000	
	Electricity works	5,000	
e. Contingency	Works-related contingency ( $\$85,000 \times 10\%$ )	8,500	(d × 10%)
	General contingency ( $\$112,000 \times 3\%$ )	\$3,360	[(b + c) × 3%]
f. General	Audit Fee	\$5,000	
	Miscellaneous	\$40	
<b>Total Grant Sought (HK\$):</b>		<b>\$213,900</b>	

### 3. Expected Project Outcomes

3.1	Deliverables / outcomes	<p>Learning and teaching materials: Worksheets for music appreciation activities and instrumental training classes</p> <p>Resource package</p> <p>e-deliverables* (<i>please specify</i>) _____</p> <p>Others (<i>please specify</i>) _____</p> <p><i>*For e-deliverables to be hosted on HKEdCity, please liaise with HKEdCity at 2624 1000.</i></p>
3.2	Positive impact on quality education/ the school's development	By enhancing the instruction on physical fitness, this project will allow students to have a better understanding of physical fitness training and assessment, heighten their attention for personal health and help them become physically fitter. The project also aims to help them relieve stress and protects their health through regular participation in physical fitness activities.

#### 3.3 Evaluation

Please state the methodologies of evaluating project effectiveness and provide the success criteria.

Utilisation rate of the fitness corner will be over 70%. Hours of practical session at the Fitness Corner during PE lessons. 50% of students have improvement in Growth Chart.

### 4. Report Submission Schedule

My school commits to submit proper reports in accordance with the following schedule:

Project Management		Financial Management	
Type of Report and covering period	Report due day	Type of Report and covering period	Report due day
Progress Report 1/8/2019 - 31/7/2020	31/8/2020	Interim Financial Report 1/8/2019 - 31/7/2020	31/8/2020
Progress Report 1/8/2020 - 31/7/2021	31/8/2021	Interim Financial Report 1/8/2020 - 31/7/2021	31/8/2021
Final Report 1/8/2019 - 28/2/2022	31/5/2022	Final Financial Report 1/8/2021 - 28/2/2022	31/5/2022

### 5. Asset Usage Plan

Category	Item / Description	No. of Units	Total Cost	Proposed Plan for Deployment
sports equipment	Stationary electric weight and height measuring machine	2	\$10,000	Will be used in PE lessons to keep on checking and monitoring students' growth
	Upright Exercise Bike	4	\$40,000	Will be kept in the fitness corner for students to train up their fitness develop a habit of doing

				exercise
	Rope Skipping Kiosk	2	\$45,000	<p><b>1.</b> Will be kept in the fitness corner for students to train up their fitness</p> <p><b>2.</b> Will be used to organize rope skipping competition each month (accumulate the time of rope skipping done per month)</p>
	Flat bench	3	\$15,000	Will be placed in the fitness corner for students to line up and take rest