

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

Project Title: A-School – Active & Healthy Campus, Run & Ride Duathlon Program 校本活躍及健康校園 – 跑踏鐵人計劃	Project Number: 2019/0224 (Revised)
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Name of School: Hong Kong Baptist University Affiliated School Wong Kam Fai Secondary & Primary School

Direct Beneficiaries

(a) Sector: Kindergarten Primary Secondary Special School

(b) Beneficiaries: (1) Students: 875 (G5-G9); (2) Teachers: 100

Project Period: 11/2020 to 07/2021

1. Project Needs

1.1	Project Aim(s)	<ul style="list-style-type: none"> • According to the results of Physical Fitness Test for the Community 2012, 25.7% of youth spent 3 hours or more on screen (computer and mobile) daily and only 8.3% of children and 8.4% of youth fulfilled the standard of MVPA60 • According to the Psychology Department of the University of Hong Kong (2017), local students spent 3.6 days on playing TV games/mobile games every week • By providing interesting and scientific equipment, to promote the participation of regular physical exercises, to avoid establishment of sedentary lifestyle and enhance physical and social health • To motivate students to engage in regular aerobic exercises • To improve the physical fitness of students in middle school • To help students to meet the goals of MVPA60 (accumulate 60 minutes of moderate and vigorous intensity physical activities everyday)
1.2	Innovative element(s)	<ul style="list-style-type: none"> • XXXXXXXXXX Timing software system to check students running performance around a specific route around the school • Stationary cycling training system to check students riding performance using cycling apps and games • Heart rate sensor for tracking students' exercise levels and intensity • Body composition analyzer to provide data report including weight, BMI, fat free mass, etc. • More accurate data can be collected for planning training and improvement
1.3	Alignment with school-based / students' needs	<ul style="list-style-type: none"> • Align with school-based concern to improve students' health and develop more active and healthy school campus • Promote the concepts of MVPA60 as suggested by the World Health Organization and Education Bureau

2. Project Feasibility

2.1	Key concept (s) / rationale(s) of the project	<ul style="list-style-type: none"> • According to World Health Organization, regular participation in physical activity assists young people to: → develop healthy musculoskeletal tissues (i.e. bones, muscles and
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		<p>joints); → develop a healthy cardiovascular system (i.e. heart and lungs); → develop neuromuscular awareness (i.e. coordination and movement control); → maintain a healthy body weight</p> <p>which are also associated with psychological benefits to young people by improving their control over symptoms of anxiety and depression. Similarly, participation in physical activity can assist in the social development of young people by providing opportunities for self-expression, building self-confidence, social interaction and integration. It has also been suggested that physically active young people are less likely to adopt unhealthy behaviors (e.g. avoidance of tobacco, alcohol and drug use) and demonstrate higher academic performance at school</p> <ul style="list-style-type: none"> • Our program aims to motivate students to spend more time to engage in physical exercises, with the use of apps and devices to provide more accurate data and feedback for them to have self-monitoring and improvement
2.2	Applicant's readiness or ability/ experience/ conditions/ facilities for project implementation	<ul style="list-style-type: none"> • Quotations have been sought for the equipment needed • School PE teachers have the experiences in using heart rate sensor in lessons and training to check students' aerobic performances • Alumni are working in engineering firm with the experiences of setting up [REDACTED] Timing software system in school for competition and training purposes
2.3	Principal's and teachers' involvement and their roles	<ul style="list-style-type: none"> • Secondary and Primary PE teachers will serve as coaches and organizers of training, Inter Chamber Competition, Workshops, etc. • Other teachers can use the equipment together with the students and parents, join the workshop as participants
2.4	Parents' involvement / participation	<ul style="list-style-type: none"> • Demonstration & trial and family activities for students and parents' participation will be arranged to promote home-school liaison and enhance harmonious relationships
2.5	Roles of collaborator(s)	<ul style="list-style-type: none"> • Professional alumni can help setting up the timing system and serve as trainers for the program

2.6 Implementation timeline

Implementation period (MM/YYYY)	Project activities
	11/2020 – 07/2021 (The project will last for 9 months.)
11/2020	<ul style="list-style-type: none"> - Purchase and implementation of equipment and system - Set up of running route and riding area, as well as storage of different equipment - Promotion of the Active & Healthy Campus, Run & Ride Duathlon Program - Hire of part time coach & project assistant
11/2020 – 12/2020	<ul style="list-style-type: none"> - Trial of the running route and riding training program in PE lessons and lunch activities - Hire of part time coach & project assistant - Invite alumni, parents and teachers to experience the program - Training workshop for alumni, parents and teachers
01/2021 – 05/2021	<ul style="list-style-type: none"> - Award scheme for joining regular running and cycling training - Lunch activities and demonstrations - Teachers-students relay competition
06/2021	<ul style="list-style-type: none"> - Post assessment activity: Inter Chamber Duathlon Competition - Selection of potential athletes in running and cycling - Invite guest to share the experiences of regular exercises

	- Joint school activities
07/2021	- Community training courses - Review and evaluation of the program - Submission of report
09/2021 to 07/2022	- Repetition of the above activities in previous year

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	<p>Training workshops for alumni, parents and teachers</p> <p>Information of the activities: Workshop about health & fitness (1), Training of running & cycling (2) will be organized. (2 hours each)</p> <p>Target participants: Interested alumni, parents and teachers invited through email and school notice. Quota: 30 participants for each workshop</p> <p>Mode of operation: Seminar and exercise demonstration and trial will be conducted</p>	Once a month in November and December 2020 for teachers, alumni, and parents	- Teachers invite guest speaker and coach to teach other teachers, alumni, and parents to use the equipment	Teachers, alumni, and parents know how to set their training program (FITT) using both running and cycling.
Activity 2	<p>Duathlon Award Scheme</p> <p>Information of the activities: Fitness concepts will be taught in PE lessons, Fitness Handbook will be distributed for their exercises record Students meeting prescribed target will be awarded with bonus marks in PE assessment and gifts</p> <p>Target participants: G5 – G9 students (175 students x 5 grades) G10 – 11 students (Optional)</p> <p>Mode of operation: Students will be taught about the usage of different equipment, and the ways and targets of the scheme, with the assistance and supervision by the hired coach, to</p>	Term 2 in 2020/21 During lunch, after school and PE lessons	<ul style="list-style-type: none"> - PE teachers as organizers to encourage students' trial and participation - Teaching the concepts of FITT during lessons for setting individuals' training program - Hired fitness coach (elite athlete, or with fitness instruction qualification) to supervise students using the equipment 	<p>Students know how to set their training program (FITT) using both running and cycling.</p> <p>Students are able to accumulate 60 minutes of physical activities daily.</p>

	conduct exercises safely and regularly		<p>and provide support when necessary 12pm – 2pm on Mon, Wed & Fri; 5pm to 7pm on Tue and Thu Lunch recess or after school hours for supervision of students and teachers training and using of the equipment</p> <ul style="list-style-type: none"> - Hired project assistant to prepare the learning materials with PE teachers, keep record of attendance in training and competition, input and analyze data of using the new equipment and improvement in fitness performance 	
Activity 3	<p>Inter Chamber Duathlon Competition</p> <p>Information of the activities: The five houses and chambers will be invited to send representatives in different grades to complete a course of distance (running and cycling) with a team</p> <p>Target participants: G5 – G9 students G10 – 11 students (Optional)</p> <p>Mode of operation: One boys’ and one girls’ team from each chamber will compete with each other, the fastest team to complete the course of distance will be the champion</p>	1 post assessment day 9:30am – 12:30pm	<ul style="list-style-type: none"> - PE teachers serve as judges and organizer - Fitness coach serves as supervisor of the Houses & Chambers to provide suggestions on training and competition - HKDSE PE students serve as helpers and officials - Invite HK triathlon athlete to share experiences and present the 	<p>Students know how to train and compete as a team. Students know how to organize a competition including the logistics and arrangement.</p>

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b. Teacher training

Activity name	Content	Number of sessions and duration	Hired personnel	Expected learning outcomes
Activity 1	PE Teachers' Professional Development Training Content: 3 hours workshop with assessment on Fitness and training concepts: Maximum heart rate, FITT Principles and training methods of running and cycling	2 x 90 mins	Fitness instructor - To teach how to set training program with running and cycling exercises - Qualified coach	PE teachers are able to instruct students with different abilities to try different training with varying intensities
Activity 2	Teachers' Running Workshop (Non-PE teachers) Content: Training methods: Demonstration and trial	2 x 90 mins	Running instructor - To teach how to prepare for starting to run as a regular exercise Qualified coach	Teachers know how to run safely with planning and preparation
Activity 3	Teachers' Cycling Workshop (Non-PE teachers) Content: Training methods: Demonstration and trial	2 x 90 mins	Cycling instructor - To teach how to prepare for starting to ride as a regular exercise Qualified coach	Teachers know how to ride safely with planning and preparation

c. Equipment

	Details of equipment to be procured	Contribution to fulfilment of the project aim(s) and if applicable, the expected utilization rate
1	Timing software system Set up a running route for training and competition with different check points in the school Each class shall try it during the PE lessons	System can help to check students' running performance and data for analysis Can be used in PE lessons and team trainings for fitness enhancement everyday
2	Stationary bike and trainer Set up cycling stations for training and competition Each class shall try it during the PE lessons	The trainer can help to adjust resistance and record the cycling performance of the students. Can be used in PE lessons and team trainings for fitness enhancement everyday
3	Heart rate sensors G5 – 9 students School team members Use during PE lessons and team training sessions	The sensors record the students' HR changes and calories burned during the running and/or cycling training Can be used in PE lessons and team trainings for own analysis everyday There are 5 PE teachers, each can keep 40 sensors (the class size is around 35-40 students) and use the sensors to check the students' HR changes throughout the exercises and quantify their efforts.
4	Body composition analyzer For G5 – G9 students for more accurate data on body composition	The Analyzer with thermal printer and large platform to provide measurements such as body weight, body height, fat free mass and muscle mass. These data can help students to know more about themselves and allow them to set clear goals to achieve through participating

	in physical activities
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d. Construction works

	Details of the construction works proposed	Contribution to fulfilment of the project aim(s) and if applicable, the expected utilization rate
	Not applicable	

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

<ol style="list-style-type: none"> 1. Health education to be enhanced by using the new equipment for more interesting aerobic exercises; health concepts can be reinforced with the ability to analyze body composition report and data 2. IT in PE can be enhanced as a result of using fitness and health apps and games to motivate students to exercise more regularly. More scientific equipment helps improve data accuracy for evaluation and enhancement 3. HKDSE PE students can improve their fitness performance with the use of advanced facilities and equipment, as well as their organization skills through planning and conducting the Inter Chamber Competition
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f. Other activities

<ul style="list-style-type: none"> • Joint-school activities or training can be arranged to promote the Duathlon and MVPA60 in the district • Community training courses can also be conducted for kids or students living in Shatin area to promote active lifestyle and healthy exercise habit
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2.8 Budget

Total Grant Sought: HK\$324,100

Budget Categories*	Breakdown for the budget items			Justifications
	Item	Amount (HK\$)	Sub-total (HK\$)	
a. Staff	Part Time Fitness Coach Graduate from PE related program; experiences of working in fitness industry	\$200/hour (40 hours/month X 9 months)	\$72,000	Fitness instructor certificate issued by physical Fitness Association of HK or equivalent, for elite trainings.
b. Service	Instructors' fees for running and cycling workshop 1. Fitness Coach (3 hours) 2. Running Coach (3 hours) 3. Cycling Coach (3 hours)	\$780 x 9	\$7,020	Qualified running and cycling coach
c. Equipment	Timing software system Portable Decoder x1 detection mat x4 Cable set x1 antenna tester x1 Power cable with angled socket x1 club x100 Manual system x 1 Testtag x15 Orbits software to run the system x 1	\$60,000 x 1	\$60,000	Durable, High accuracy of data, Data bank storage, Professional system for marathon use Accommodate large number of students at the same time
	Stationary bike and trainer and mat	\$5,000 x 10	\$50,000	Safe to use Durable

				Accurate measurement of workout Light weight for easier to shift location to use
	Heart rate sensors	\$510 x 200	\$102,000	High technology devices Able to link up with e-learning apps and devices Accuracy of data Easy to clean and keep Water resistant
	Notebook for processing data and program	\$5,000 x 1	\$5,000	
	Body Composition Analyzer	\$28,000 x 1	\$28,080	High accuracy of measurement of body composition Provide detailed information such as BMI, body fats %, muscles and bone mass distribution.
d. Works	Not applicable			
e. General expenses				
f. Contingency	Not applicable			
Total Grant Sought (HK\$):		324,100		

* All equipment will be purchased with proper quotation/tendering procedures in accordance with the QEF General Guidelines on Staff Administration and Procurement Matter to select the service provider(s).

* The recurrent expenditure after the cease of funding will be budgeted by the PE department every school year.

3. Expected Project Outcomes

3.1	Deliverables / outcomes	<input checked="" type="checkbox"/> Learning and teaching materials <input checked="" type="checkbox"/> e-deliverables <u>Learning materials and videos can be shared to school's Google Classroom</u>
3.2	Positive impact on quality education/ the school's development	<ul style="list-style-type: none"> • Promote the image of active and healthy school campus which echoes with the objectives of the EDB PE curriculum • Promote the use of IT in PE which enhances the learning effectiveness in PE lessons • Promote whole school relationships through different means of workshops and competition among different stakeholders of the school

3.3 Evaluation

<ul style="list-style-type: none"> - Evaluation questionnaire to be completed by all students at the end of school year during PE lessons - Pre tests and post tests of fitness items to compare the performance changes - Interview parents and teachers about the equipment and programs launched - Yearly report will be written to comment on the effectiveness of the program for further improvement <p>Success Criteria:</p> <ul style="list-style-type: none"> - 10% of teachers and 5% of parents could use the equipment during annual home-school sports games
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day; teachers & students' activities such as teachers-students relay; parents day and PTA games day, etc.

- 50% of students improve and spend less time on screen (computer and mobile) daily
- 10% of students can fulfill the standard of MVPA60 and 30% of students can increase the daily exercise time
- 30% of students using the new equipment to start participating in regular physical exercises,
- All students tried to use the aerobic machines during PE lessons
- 30% of students in the Middle School (G5-G9) show improvement in the results of school based physical fitness assessment

3.4 Sustainability of the project

1. The equipment can be used in the long run, during lessons, lunch recess and team trainings.
2. The program can be served and re-run as annual event and activity.
3. The program can track the progress of students from Primary to Secondary.
4. Manpower deployment plan:
 - Part Time Fitness Coach could be hired on hourly basis using PE budget after the cease of funding to run the Duathlon Award Scheme continuously in the new school year. Alumni graduated from PE related degree or with related qualifications would be invited.

3.5 Dissemination

1. The program effectiveness can be shared with EDB PE Department as an example of how to develop an active and healthy school to other primary and secondary schools.
2. Demonstration on the use of equipment can be arranged as professional development courses to other teachers.
3. Other schools can be invited to join the competition.
4. The program and equipment can reach the local community,
5. Equipment and venue can be borrowed to interesting schools to try and experience.

4. Report Submission Deadline

Project Management		Financial Management	
Report type and covering period	Submission Date	Report type and covering period	Submission Date
Progress Report 01/11/2020 - 30/04/2021	31/05/2021	Interim Financial Report 01/11/2020 - 30/04/2021	31/05/2021
Final Project Report 01/11/2020 - 31/07/2021	31/10/2021	Final Financial Report 01/05/2021 - 31/07/2021	31/10/2021

5. Asset Usage Plan

Category	Items	No. of Units	Total Cost	Deployment plan
Sports equipment	Timing software system	1	\$60,000	Upon the project completion, we will continue to use the procured equipment to conduct student activities in the future.
	Stationary bike and trainer and mat	10	\$50,000	
	Heart rate sensors	200	\$102,000	
	Body Composition Analyzer	1	\$28,000	
Computer hardware	Notebook	1	\$5,000	

5.1 Asset Accessing Regulation

- Students can only use and access the equipment of the program during specified timeslot, under the supervision of hired coach and/or PE teachers.
- Number of participants should be limited to 16 students in each session of training; 8 students to run and

8 students to ride at the same time.

- All equipment would be kept and run in school for lesson and training use only after the cease of funding. No commercial use of the equipment should be allowed.

5.2 Asset Storage

- All equipment should be stored in the storage space outside the fitness centre on the 4/f of Wong Liu Wai Man Building.

- All equipment should be locked in the storage space before and after use. Only hired coach and PE teachers would keep the keys for unlocking the equipment for use.

Remarks

1. The school guarantees that it will be responsible for the safety of the participants and take safety measures. The related safety guidelines, such as the Safety Guidelines on Physical Education Key Learning Area for Hong Kong Schools, must be observed. It ensures that the procured equipment is used under the supervision of qualified school personnel.
2. The school understands that the expenditure items funded by the QEF are one-off. It will bear the recurrent expenditure incurred, including daily operating costs, etc. and the possible consequences that may arise.
3. The school acknowledges the acceptance of the QEF Intellectual Property Rights Policy and confirms that the copyrights of the deliverables/materials should be vested with the QEF. Any reproduction, adaptation, distribution, dissemination or making available of the deliverables to the public by the service provider(s) for commercial purposes is strictly prohibited.
4. In order to ensure the openness, fairness and competitiveness of the procurement of services, the school guarantees that it must conduct quotation/tendering in accordance with the QEF General Guidelines on Staff Administration and Procurement Matter to select the service provider(s) and acknowledges to refer to the Education Bureau Circular Memorandum No. 179/2011 on the Sexual Conviction Record Check (SCRC) scheme to make proper arrangement regarding staff deployed by service providers to conduct student activities to safeguard students' well-being.
5. The school ensures that the procured equipment is placed in a suitable location in the school campus. All necessary measures must be taken to avoid students' access to the equipment without the presence of qualified school personnel.