

Quality Education Fund
The Dedicated Funding Programme for Publicly-funded Schools

Project Title: (Chinese) 增設運動表現實驗室，提升學與教、體育運動水平及運動科技應用的發展 (English) Establishing a sports performance laboratory to enhance the development of teaching and learning in physical education, sports performance of school teams, and the application of sports technology in school.	Project Number: 2022/0416 (Revised)
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Name of School Cheung Sha Wan Catholic Secondary School
Beneficiaries ☐ Kindergarten ☐ Primary School ☒ Secondary School ☐ Special School
Estimated Number of Direct Beneficiaries Student: 700 (Number) F.1-F.5 (Class level(s))
 Teacher: 4 (Number)

1. Project Needs

1.1	Project aim(s)	Our school's objective is to establish a sports performance lab that incorporates the latest sport science and technology. The lab aims to provide students with cutting-edge techniques such as biomechanical analysis, physiological testing, and cognitive training to help improve their performance in various sports. The primary goal of the lab is to help students achieve their full potential and become successful athletes in the modern age of sports. By creating a culture of excellence in sports, we aim to provide students with a platform to excel in their chosen fields using the latest advances in sport science and technology. We believe that the lab will not only benefit our students in sports but also in their overall health and well-being. Therefore, the lab will be a valuable asset to our school. One of the objectives of establishing the sports performance lab is to conduct research and collect data on our students' performance. The data will help us to better understand the factors that affect their abilities and to develop new training methods using the latest sport science and technology. This will help us to continually improve our sports program and provide our students with the best possible training and support. The establishment of a sports performance lab with intelligent training facilities will provide professional-level physical training for school team. The lab will also conduct testing for new Form 1 students at the start of each semester, allowing for more precise selection using technology to understand the characteristics of different athletes and provide training for selected students. In addition, through technology, we will provide automated analysis and monitoring, providing more precise training improvement suggestions. The measuring items will include but not limited to strength, speed, reaction, explosiveness, and endurance. The lab will also include motion analysis and muscle status to understand the athlete's status, the response, and progress of the training, providing coaches with more data to set more appropriate training. The lab will have an athlete training management system that records all data, training schedules, athlete's mental and physical condition, and monitor student progress. It will provide charts and analysis, arrange training, and assist coaches in managing athletes' situations.
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		All students will undergo physical fitness testing in the lab, providing each student with their own physical fitness report to understand their physical health status. At the same time, the school will collect data for big data analysis, providing a more thorough understanding of the overall health and physical fitness level of all students, ultimately providing suggestions for improvement for the school and even the academic community. In conclusion, the implementation of a sports performance lab in our school will provide students with the latest techniques in sport science and technology to help them achieve their full potential in various sports. The lab will also conduct research and collect data to improve our sports program continually, benefitting our students in sports and overall health and well-being.
1.2	School-based innovative element(s)	The sports lab is an innovative addition to the school's physical education program, incorporating wearable technology, AI, and data analytics to enhance the learning experience of students. By using wearable technology, students can track their progress in real-time, while AI creates immersive experiences that allow students to explore different sports and activities in a safe and controlled environment. Data analytics is also used to monitor and measure student progress, allowing for personalized training programs. With the implementation of this sports lab, students can benefit from a more engaging and effective physical education curriculum, while also gaining valuable skills and knowledge in sports science investigation. This is a significant step towards promoting health, wellness, and academic success in Hong Kong secondary schools.
1.3	Project meeting school-based /students' needs	Our school has a long record of implementing new and advanced training facilities in school including RFID timing system and fitness room and providing advanced training to our students so that they have excellent performance in sports. With the advancement in technology in sports science, involvement of more technology in sports training and PE lesson is a must. In line with this, implementing a sports lab is a must to meet our school's and student's needs. A sports lab will enable our students to receive personalized training. With the use of advanced equipment and technology, our students can receive customized training programs that are tailored to their individual needs. This will help our students to improve their skills and performance in their chosen sport.

2. Project Feasibility

2.1	Key concept(s)/rationale(s) of the project	In recent years, more and more universities, sports teams, and training centers around the world have established sports performance laboratories to provide athletes with data analysis and improve their performance using technology. The use of technology for sports analysis and training has become increasingly common. The youth period is a critical time for the development of athletic performance. Therefore, establishing a sports performance laboratory in secondary schools can help improve the athletic level of secondary school students and the academic community and enhance their proficiency in the application of sports technology. As there are various institutes have set up sports science training centers for athletes. They use different technologies to analyze athletes' performance, such as measuring movement, strength, angles, reaction time, and movement speed. This helps to improve training effectiveness and understand the athletes' condition, allowing for more precise training and utilizing technology to improve training results. As sports technology becomes more prevalent, setting up a sports performance laboratory in secondary schools will promote the athletic level of the academic community and the application of sports technology, not only for professional athletes but also for young students, enhancing their proficiency in this area and allowing them to enter professional training with a higher quality. By using sports technology to improve students' physical fitness, more students can enjoy the benefits of progress in their development. As Hong Kong currently faces childhood obesity and emotional problems, sports can alleviate these problems to a certain extent. Therefore, setting up a sports performance laboratory can help improve athletic performance and promote healthy psychological development among students. There are several ways in which a sports performance laboratory in secondary schools can be implemented: <u>Strengthening the use of theory and technology in physical education to optimize the school-based curriculum.</u> Effective teaching must keep up with the times, and education cannot remain stagnant. The potential of students can only be discovered and fully realized through appropriate cultivation. In the sports field, effective teaching must consider the planning and design of the school curriculum. Physical education teachers of our school understand this well and hope to optimize the school-based curriculum for physical education through this project. With the increasing demand for knowledge of sports science and technology in coaches and athletes, many students have become professional athletes at the secondary school stage. In addition to strengthening theoretical explanations, students can understand the impact of sports science on performance through the measurement instruments in the sports lab, helping them understand the principles behind training and techniques, and benefiting their learning of physical education. Students can also understand their own performance and physical condition, such as body composition, strength, VO2 MAX, and different training methods. They can also learn about different sports technology applications. <u>Enriching the new senior high school physical education diploma curriculum and strengthening the exploration part.</u> Physical education is education through practical sports activities. The elective course of physical education has authenticity and interdisciplinary nature. Students
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		will learn to use scientific methods, collect and process information, and constantly reflect on problem-solving and interpersonal relationships. It is an important basic subject for studying science, humanities, and social sciences. After learning relevant knowledge, students can design, explore, and verify the theories in the laboratory, such as the efficacy of high-intensity interval training, comparing various VO2max calculation methods, and motion analysis. Students can also conduct related practical training, which will help consolidate their knowledge in this area, enhance their conceptual understanding and high-level thinking, and provide a better foundation for future study of related subjects and adapt to the continuous changes in the sports industry, especially in terms of technological innovation and application. <u>Scientific training and the application of technology in sports</u> Our school currently has many sports such as athletics, swimming, cross-country, basketball, volleyball, and beach volleyball, which have participated in the Division 1 of inter-school athletics championships in Hong Kong. In 2022, they won the second place in the men's team in fencing. This is closely related to the strong sports culture of the school and the excellent training facilities provided by the school, such as the fitness room and Titan runway, which provide students with effective and efficient physical development. To win honors in competitions, in addition to individual efforts, sufficient training facilities are also needed. As technology becomes more precise and intelligent, the use of precise and intelligent technological instruments to assist in designing training methods and monitoring athlete's conditions is becoming more common. However, only elite athletes can receive relevant support to enjoy more professional training and technological assistance in Hong Kong. Allowing more students to have access to more scientific training at an earlier stage can effectively help them realize their potential. By using measurement instruments in the sport lab, students can more accurately analyse their characteristics, training effectiveness, and physical condition. They can avoid inappropriate training, and research has pointed out that excessive and heavy training is a significant cause of injury in adolescents. It is important to identify problems early and avoid excessive training and injuries. Especially as relevant technology becomes more prevalent, more professional training can also be popularized. Secondary schools are a place to lay the foundation, and they have a critical impact on the growth of athletes. If this project can be truly implemented, it will bring about changes to the current situation, provide students with better and more complete training environments, and promote the application of sports technology in teaching and training. In conclusion, the establishment of a sports performance laboratory in secondary schools can help improve the athletic level of students, enhance their proficiency in the application of sports technology, and promote healthy psychological development among students. By using this laboratory, students can understand the principles behind training and techniques, learn about different sports technology applications, and avoid inappropriate training. It can also provide students with better and more complete training environments and promote the application of sports technology in teaching and training. This will lead to the overall development of the community and enhance participation in sports.
2.2	School's readiness	Cheung Sha Wan Catholic Secondary School is one of the Catholic secondary schools in the Catholic Diocese of Hong Kong. The school upholds the Catholic education values and emphasizes "whole-person education" to enable students to develop in different directions. The school motto is "自強不息", which encourages students to strive for self-improvement and self-discipline. Sports is one of the key areas of development at Cheung Sha Wan Catholic

Secondary School.

The school has a strong sports culture and a tradition of 25 laps of long-distance running. Every year, all students are required to complete a 8.5-kilometer exercise, which lays a solid foundation for physical fitness and mental toughness. As a result, the school has achieved outstanding results in athletics, cross-country running, swimming, volleyball, beach volleyball, and basketball, all of which are in the Division 1 of Hong Kong and Kowloon Inter-school competitions. We are only one of three boy schools with all the above events in Division 1. In the 2022/2023 school year, the school won the overall the Second place in the boy's category at the inter-school fencing competition.

With the support from QEF, we have already implemented an RFID race timing system with titan racetrack and Fitness room. We have introduced a lot of new technology in our school including an AI-supported performance tracker, force plate, and laser timing gate for analyze and monitor the performance of our students. These technologies have been integrated into our athletic programs and PE lessons and have shown great improvements in the performance of our athletes. The RFID race timing system allows us to accurately track the timing of races and events, providing immediate results to athletes and coaches. The AI-supported performance tracker record and analyze athlete performance data and provide personalized advice. The force plate and laser timing gate provide precise data on an athlete's speed, strength, and agility, allowing coaches to tailor training programs to meet individual needs.

With these technologies already in place, we have the foundation for a sports lab. Our school is committed to providing the best resources for our athletes to excel in their sports and achieve their goals. The establishment of a sports lab will further enhance our athletic programs and provide a competitive edge for our athletes.

Our school is one of the eight schools in Hong Kong being selected as partner schools of Enriched IT Class program which is funded by OGCIIO with about 7 million to develop STEM education for our students. One of the main foci is to develop or apply technology in enhancing sports performance. One of our students has developed a device called "BackUP" which is for monitoring the curvature of backbone. The device has also been selected to participate in Asia Pacific ICT Alliance Awards in 2019. We have collaborated with IVE to develop an AI aided running analysis app in 2020. We have been invited by EDB to share the experience of collaborating with IVE to develop the AI app to other schools.

Cheung Sha Wan Catholic Secondary School is fully prepared to establish a sports lab with the advanced technology we have already implemented. We also have experience in developing and applying technology in enhancing sports performance with our strong STEM background. We are excited to take this next step in providing our athletes with the best resources possible to achieve their full potential.

Our sponsoring body is Catholic Diocese of Hong Kong which comprises of 27 secondary schools and 55 primary schools. We believe that collaboration and knowledge-sharing among our network of schools will lead to continuous improvement in the quality of physical education and training we provide to our students. In addition to the schools within our sponsoring body, we also have close connections with nearby schools. We have a lot of interflow programs, training, experience sharing and etc. with other schools. These connections are instrumental in fostering collaboration and interflow between our school and other educational institutions in the area. We believe that our experience and knowledge in establishing the future sports lab can be shared to the community to enhance the quality of physical education.

2.3	Principal and teachers' involvement	School Personnel							
			Formulate plans	Monitor and supervise	Coordinate/ collaborate	Plan curriculum / activities	Process funding	Conduct/ participate in activities	Consolidate learning and teaching materials
		Principal	✓	✓					
		Vice principal	✓	✓	✓	✓			
		Curriculum leader	✓	✓	✓	✓			
		Subject panel head	✓	✓	✓	✓	✓	✓	✓
		Project leader	✓	✓	✓	✓	✓	✓	✓
		Subject teachers	✓	✓	✓	✓	✓	✓	✓
		Others (Please specify):							

2.4 Project period

Project Start Date and End Date: from <u>04/2025</u> to <u>03/2026</u> (month/year) (month/year)
The project lasts for <u>1</u> year(s) and <u>0</u> month(s).

Implementation timeline

Implementation period (MM/YYYY)	Project activities
04/2025 – 05/2025	Preparation & Course design
04/2025 – 06/2025	Installation Work & Renovation
09/2025 – 11/2025	School-based PE Lessons
09/2025 – 03/2026	Training and testing of school teams

2.5 Details of project activities

a. Project implementation measures

Implement ation Period (month/ year – month/ year)	Item	Key learning stages and key learning areas/ subjects/ learning elements	Content (Including (if applicable) topics, learning and teaching strategies/modes, class level(s) and number of student participants, selection criteria, usage of proposed equipment/facilities and/or venues facilitate the learning and teaching/student support activities, etc.)	Number of sessions (number of sessions for each level/class /group and the duration of each session (minutes))	Number of school personnel and/or appointed project staff involved and respective duties	Expected outcomes
9/2025– 12/2025	F.1-5 PE Lessons	PE lessons	Topics related to sports science and sports technology for improving fitness will be included in the lessons with the use of the sports lab. Fitness training with the aid of the technology will be carried during PE lessons. F.1: 1. Body measurement and assessment 2. components of health-related physical fitness F.2: 1. Basic Fitness Measurements and Assessments 2. motion analysis F.1 and F.2 Practical lesson: Basic fitness training included push up, sit up, plank, squat, lunge. During the exercises, student will use tablet and related APP to preform simple motion analysis. F.3: 1. Basic human muscular system 2. Principles of basic anaerobic and aerobic exercise training	6-8 lessons, 1 hour each	PE Teacher	Students will be able to: 1. State the importance of body composition and healthy 2. Understand what motion analysis is and try to do simple analysis of basic fitness training items included sit-up, squats, etc 3. know the application of AI in performance analysis 4. Understand what velocity-based training is and how to implement it with accelerometers. F.1 will learn about body composition and basic fitness training and the safety F.2 will learn about motion analysis with tablet recording the motion and perform basic analysis like angle of the joint during exercise.

			3. Exercise performance using AI for motion analysis F.4: 1. Human growth and development, muscular system. 2. Using sensors (accelerometer) to measure the speed/power of the exercises performed F.5: 1. Energy systems, 2. Training principal FITT 3. Using force plate to measure the power, force, rate of force development, flight time, contact time of plyometric exercises included squat jump, counter movement jump, etc Practical lesson for F.3-5: It will continue from F.1 – F.2 and begin to incorporate weightlifting exercises such as clean and jerk, snatch, deadlift, etc., with a focus on learning proper technique first. With the power and speed analysis included in the weight lifting rack, the power/speed of the above exercises can be measured and the data can provide more details of the quality of training and the status of the trainees, especially tiredness. When the speed/power of the motion of the trainee is significantly decreased,			F.3 will learn how to use AI progress tracker to analyze the sports performance F.4 will learn to use sensors to measure the speed and power of the exercise and based on velocity measured to choose the right velocity to perform the exercises. F.5 will learn how to use force plate to measure not only force generated and the rate of force development. And try to improve the rate of force development through appropriate strength training exercise like plyometric exercises, fast strength training exercise with low weight, etc.
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			it indicates that the trainee is in fatigue and the training should be terminated or training volume/ intensity should be reduced to avoid overtraining.			
04/2025 – 03/2026	School team performance tracking and training using sports lab	Extra-curricular activities, scientific investigation	Through sports lab, school teams can perform different tests on their fitness and performance in order to understand and track their process. Also, they can conduct training in the lab with the aid of different devices to ensure the quality of the training. Through the measurement, athletes can alter the training program with the aid of the devices.	2 sessions per week per school team (totally 5 school teams) will use the sports lab) 2 hours per session (Total number of school teams members is 200) Total session = 5 X 26 weeks = 130 sessions 2 hours per session	PE Teacher	1. Avoid overtraining (When the speed/power of the motion of the trainee is significantly decreased (e.g. 20% decrease in speed), it indicates that the trainee is in fatigue and the training should be terminated or training volume/ intensity should be reduced to avoid overtraining.) 2. Better understanding on the strength and weakness of team members 3. Enhance the effectiveness of training and hence the performance of the students.
02/2026- 03/2026	Demonstrate and interflow with other schools of the use of sports lab in PE lesson and sports team training	demonstration	Through demonstration and the interflow sessions students will utilize what they have learnt in the previous activities. And the experience of setting up sports labs, the school-based PE curriculum with sports lab, and the training of school team with the aid of sport lab will be shared to the school participated in the showcase.	1 session, 2 hours.	PE Teachers	Enhanced the interflow of knowledge in promoting sports science and sport technology in PE lessons and school team training.

04/2025 – 03/2026	Lunch time/ After school open training session for all	Training	Target students: ALL (700 students) Students are welcome to use the sports lab for exercise training and make use of the equipment to measure their status and sports performance during exercises during lunch time and after school. Teachers will supervise students of the use of the equipment.	5 lunch time sessions per week (1 hour per session) Total = 5 x 26 weeks = 130 sessions 2 afterschool sessions per week (2 hours per session) Total = 2 X 26 weeks = 52 sessions	PE teachers	All students can make use of the lab to improve their fitness and sports performance.
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b. Teacher training

Implementa tion Period (month/year – month/year)	Item	Content (Including (if applicable) topics, implementation strategies/modes, target beneficiaries, selection criteria, etc.)	Number of sessions (number of sessions/times for the whole project period and the total number of hours)	Teacher training conducted by school personnel/external instructor(s)	Expected outcomes
07/2025- 08/2025	Internal introduction session on using the equipment in sports lab and develop lesson plan with the use of sports lab	Introduce the use of the equipment in sports lab 1. How to conduct motion analysis using tablet and related app 2. Use of AI performance tracker in class 3. Use of the force plate to measure the power, speed, contact time, flight time, etc of jumping exercises. 4. Use of the half rack with dynamic variable resistance and power, speed analysis to perform weight training and monitor the performance (speed/ power) of the weighted training like squats, squat jump, etc. 5. Introduction of velocity-based weight training which the intensity of the training is governed by velocity of the movement instead the weight used. Discuss the lesson plans and the teaching strategies with the use of the sports lab in PE lessons.	2 hours	☒ Conducted by school staff ☐ Conducted by external training instructor/speaker	Teachers get familiar with the use of equipments and able to use them in PE lesson and school team training.

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

	Details of equipment to be procured	Contribution to fulfilment of the project aim(s) and if applicable, the expected utilisation rate
1	1. Training equipment for physical fitness: equipment that improves the muscular strength and muscular endurance of various parts of the body 2. Measuring devices for sport performance measurement: equipment that for measure force, rate of force development, power, muscular strength, etc	The equipment can be used by students to train and assess physical fitness and to design personalised exercise plans with the data from the devices. During opening hours of the fitness room, teachers 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 if applicable, the expected utilisation rate
1	• The covered area on G/F will be renovated into the fitness room. The covered area measures 60m² in area and has sufficient space for the fitness equipment. • The school will observe the Safety Guidelines on Physical Education Key Learning Area For Hong Kong Schools and other relevant safety guidelines and take appropriate safety measures to ensure the safety of the users of the fitness room. • The school will ensure that: (i) the loading of the fitness room meets the safety standard; (ii) there is enough space between pieces of equipment to allow users to carry out activities; and (iii) users of the fitness room will have received enough training and possess the required eligibility requirements before using the fitness room.	Through the construction of a Sports performance Lab, 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. During opening hours of the Sports Lab, teachers will record the number of users. The total number of users for any period must not exceed 20. The average utilization rate is expected to exceed 70%.

2.6 Budget

a. Staff cost							
Post title	Full-time equivalent (%)	Appointment requirements (including (if applicable) relevant qualification and experience)	Monthly salary	Mandatory Provident Fund	Employment period (months)	Amount	Justifications (including (if applicable) job duties of the proposed staff, the reason for the need of additional staff, justifications for employing staff with higher salary, etc.)
	Sub-total on staff cost:						

b. Service cost					
Item (including (if applicable) instructor for teacher training, coach for student activity, speaker for talk, rental fee for venue)	Service details (including (if applicable) qualifications and experiences of the service provider or staff to be deployed to provide services, number of staff involved, number of service sessions, number of beneficiaries, etc.)	Unit cost	Quantity / Number of hours	Amount	Justifications (including (if applicable) duties of the service provider or the staff deployed to provide services, reason for procuring service, justifications for the service fee higher than the pricing standards suggested by the QEF, etc.)
Sub-total on service cost:					

c. Equipment cost					
Item (including (if applicable) interactive whiteboard, picture book, student desk, bookshelf, tablet PC, digital camera, etc.)	Specifications (including (if applicable) size, function, configuration, content, etc.)	Unit cost	Quantity	Amount	Justification (including (if applicable) the necessity of the equipment, how to complement with the project measures to achieve the project aims, the justifications for procuring equipment at a price higher than the market price/the QEF pricing standards, expected utilization rate, etc.)
Half Rack with dynamic variable resistance and power, speed analysis	Allows training at any speed, from controlled to explosive, for improved power Unique hybrid design combines smooth Dynamic Variable Resistance and free weight resistance to emphasize not only strength training but also speed	\$45,000	1	\$45,000	For strength training with dynamic variable resistance which enhance the effectiveness of training and testing of the

	and stability training				power of movement
Bar bell	For weight training Used for F.4-5 PE lessons and school team training	\$4,300	1	\$4,300	For strength training
Sub-total on equipment cost :				\$49,300	

d. Works cost				
Item	Works details		Amount	Justification (including (if applicable) the necessity of the construction/ refurbishment works in achieving the project aims)
外牆工程	i)	Erection of partition wall (approximately 90m ²)	\$44,300	Adding a sports lab in the open area of G/F of our new wing for supporting the development of Sport technology, sport science education. The size of the room will be 60m ² . The proposed work will help to adding space for PE lesson and training especially with sports tech. The new sports lab will facilitate the teaching and learning activities and training, experiment, and testing.
門窗工程	i)	Supply and install new double leaves door	\$85,000	
	ii)	Supply and install new aluminum window with security bar		
天花工程	i)	Supply and install waterproofing c/s screed (approximately 155m ² + 90m ²)	\$95,000	
	ii)	Paint wall and ceiling with anti-mould emulsion paint (approximately 155m ² + 60m ²)		
地板工程	i)	Supply and install c/s floor screed (approximately 60m ²)	\$59,700	
	ii)	Supply and install floor mats (approximately 60m ²) with self-levelling screed		
電力工程	i)	Supply and install new power supply, lightings, power socket, etc.	\$50,000	
其他工程	i)	Modification of existing FS provisions including FS251	\$40,000	
Sub-total on works cost :			\$374,000	

e. General expenses		
Item (Please specify the quantity or frequency) (including (if applicable) teaching aid, activity supplies, printing teaching materials, etc.)	Amount	Justification
Sub-total on general expenses :		

f. Contingency	
Item	Amount (Round down to the nearest integer)
Works contingency (Total works cost x 10%)	\$37,400
General contingency ((Total service cost + Total equipment cost + Total general expenses) x 3%)	
Sub-total on contingency :	\$37,400

	Amount
g. Audit fee	\$5,000
Sub-total on audit fee :	\$5,000

Total amount of funding sought :	\$ 465,700
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3. Expected Project Outcomes

3.1	Deliverables / outcomes and positive impact on the school's development	Please select the appropriate item(s) and elaborate. ☒ Lesson plans ☒ Enhanced learning atmosphere ☒ Development of students' positive values
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3.2 Evaluation

Evaluation Method	Success criteria
☒ Lesson/activity observation	1. Increase students' interest in physical activities 80% of the teachers, tutor and personnel that provides support agree that students have increased interest in physical activities with aid of sports technology.
☒ Questionnaire	1. The goal is to promote the scientific training of athletes. Collect user opinions and if over 80% agree that scientific training is effective in improving their competitive status. Every year, a questionnaire survey will be conducted to collect user opinions. If over 80% of users believe that the facilities can more effectively help trainers, it proves that this plan can achieve its expected goals.
☒ Others	Student Performance 1. 70% of participants achieved improvement in their individual sports performance in school or public competitions. Participants will undergo specialized testing before training, and their performance in school or public competitions will be compared after participating in this activity. If 70% show significant improvement, it proves that this program can achieve its expected goals. 2. School can maintain overall position within top 8 in BOCHK Bauhinia Bowl Award 2023-2024.

3.3 Sustainability of the project

- ☒ The curriculum will continue to be implemented and enhanced after the completion of the project.
- ☒ The relevant facilities and equipment will be properly used for learning and teaching activities after the completion of the project.
- ☒ Sharing sessions through different teacher professional exchange activities and networks will be organised for transfer of successful experience.

3.4 Dissemination

☒ Seminar/sharing session	A sharing session will be organized to disseminate our Sports Lab Project.
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4. Report Submission Schedule

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

Project Management (Should be submitted via the “Electronic Project Management System” (EPMS))		Financial Management (Hard copy together with supporting documents should be submitted to the QEF Secretariat by mail or in person)	
Type of report and reporting period	Report due on	Type of report and reporting period	Report due on
Final Report 01/04/2025 - 31/03/2026	30/06/2026	Final Financial Report 01/04/2025 - 31/03/2026	30/06/2026

5. Asset usage plan

Category	Item / Description	No. of Units	Total Cost (HK\$)	Plan for Deployment
Equipment	Half Rack	1	\$45,000	The item will be continued to be used in teaching and learning after the completion of the project.
Equipment	Bar bell	1	\$4,300	The item will be continued to be used in teaching and learning after the completion of the project.

6. Remarks

The school ensures that appropriate physical fitness activities are designed in accordance with the Physical Education Key Learning Area Curriculum Guide (2017) and relevant curriculum documents.

The school is 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, are observed.

The school ensures that the procured equipment is placed in a suitable location in the school campus. All necessary measures are taken to avoid students’ access to the equipment without the presence of qualified school personnel.

The school understands that the expenditure items funded by the QEF are one-off. The school takes responsibility on its own for the recurrent expenditure incurred, including daily operating costs, etc. and the possible consequences that may arise.

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.

The school ensures the openness, fairness and competitiveness of the procurement of goods and services, and conduct quotation/tendering in accordance with the QEF General Guidelines on Staff Administration and Procurement Matter to select the service provider(s).