

學校體適能獎勵計劃

School Physical Fitness Award Schemes



Secondary School
中學

Jointly organized by

合辦機構：



香港兒童健康基金

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Hong Kong Childhealth Foundation

and

Education Department

教育署



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Sponsored by 贊助：

Hong Kong Childhealth Foundation's Vitasoy Fund - to promote Physical Fitness in Secondary School with HK\$2,000,000.00 (interest from Fund is used to operate the Scheme) 維他奶捐港幣二百萬作為基金,只可用賺取的利息

維他奶

維他奶國際集團有限公司

Launched in 開始年份: 1992

Eligible Schools: All secondary day schools in Hong Kong 全港日校中學

Physical Fitness Tests 體適能測量方法:-

1. Sum of Triceps and Calf Skinfolts 三頭肌及小腿皮摺厚度總和
2. 1-min Sit-ups 一分鐘仰臥起坐
3. Sit & Reach 坐地前伸
4. 9-min Run / Walk 九分鐘耐力跑 / 行
5. Push-ups (boys) / Bent-knee Push-ups (girls) 掌上壓(男) / 屈膝掌上壓(女)

Cumulative Figures of Participation by 1999 累積參與數目:

170 secondary schools(中學)

93,160 student / years (93,160 學生人次)

Equipment 器材: 3 years on loan from Hong Kong Childhealth Foundation 借用3年

1. Sit & Reach Box 坐地前伸木箱
2. Skinfold Calipers 皮摺厚度計

Student Awards: Gold, Silver, Bronze medals 金, 銀, 銅章

School Awards: Progressive School Award 學校進步獎

School Achievement Award 學校成就獎

Other School Benefit: School Sports Grant 運動器材補助金

Free students' handbook 學生手冊

Free Schoolteam Account offered by Cable & Wireless HKT
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