

From : Secretary of Education and Manpower **To :** Heads of all Primary and
Ref. : EMB(CD)-PE/ADM/60/1/2 Secondary Schools
Date : 23 August 2005

(Note : This circular memorandum should be read by Heads of all Primary and Secondary Schools - for necessary action)

school on their behalf, may approach the HKCHF for direct purchase based on their achievements showing on their certificates.

NEW DEVELOPMENT

6. From the 2005/2006 school year onward, there will no longer be free distribution of student's handbooks. Students/Schools can download the student's handbook from the HKCHF or EMB websites :

<http://www.emb.gov.hk/index.aspx?langno=1&nodeID=3186> OR
<http://www.childhealthhongkong.com/2003/chi/05spfas/05c08.php>

If students / schools still need the hard copy of the student's handbooks, they may approach the HKCHF for direct purchase.

7. The HKCHF will lend ONE handgrip dynamometer to the new participating primary schools in 2005/2006. As the quantity is limited, it will be issued on a first come first served basis. Interested schools are requested to complete and return the attached Reply Slip [Appendix IV] to the HKCHF by fax [Fax No.: 2889 3166] **on or before 22 September 2005.**

ENQUIRY

8. For enquiries, please contact the Physical Education Section, Education Department on 2624 4278, or the HKCHF on 8208 0727.

(LAM Kwoon-sun)
for Secretary for Education and Manpower

c.c. Heads of Sections - for information

School Physical Fitness Award Scheme

1. The Scheme comprises a physical fitness test, regular exercise programmes and an award system. The five-item fitness test battery includes sit-and-reach test, one-minute bent-knee sit-ups, six-minute (for age six to eight)/nine-minute (for age nine and above) endurance run/walk, skinfold measurement, hand-grip test (for primary schools only) / push-ups (for secondary school boys) or bent-knee push-ups (for secondary school girls). The participants are required to take up regular exercises and undergo the fitness test in the academic year.
2. The Hong Kong Childhealth Foundation (HKCHF) will award certificates to those students who have attained the prescribed fitness levels. Starting from the 2004/2005 school year, though the requirements and scoring method based on the prescribed levels that individual student stained remain unchanged, students will be awarded gold, silver or bronze level certificates instead of the former badges. If students / schools still need the badges, they or the school on their behalf, may approach the HKCHF for direct purchase based on their achievements showing on their certificates.
3. Each year the HKCHF will present a participation certificate to each school having completed the Scheme. The ‘Progressive School Award’ and the ‘School Achievement Award’ have also been set up to encourage more schools to actively participate in the Scheme.
4. The HKCHF will also invite schools to apply for a ‘Sports Grant’ of up to HK\$5,000.00 after one year of participation.
5. Each participating school will be issued a teacher’s handbook upon registration. From the 2005/2006 school year onward, there will no longer be free distribution of student’s handbooks. Students/Schools can download the student’s handbook from the HKCHF or EMB websites :
<http://www.childhealthhongkong.com/2003/chi/05spfas/05c08.php> OR
<http://www.emb.gov.hk/index.aspx?langno=1&nodeID=3186>
If students / schools still need the student handbooks, they may approach the HKCHF for direct purchase.
6. During the 2005/2006 school year, HKCHF will lend ONE handgrip dynamometer to new participating primary schools. As the quantity of handgrip dynamometer is limited, the HKCHF will issue it on a first come first served basis.
7. Written parental permission for students to take part in the Scheme must be obtained beforehand and kept by the school.

[Appendix I is prepared by the HKCHF]



合辦機構 Jointly Organized By :

香港兒童健康基金及教育署
Hong Kong Childhealth Foundation and Education Department



中、小學體適能獎勵計劃



目的 Aims :

鼓勵學生經常參與運動，提高學生的健康體適能
Encourage students to pursue regular exercises.
Improve students health-related physical fitness.

測試項目 Test Items :

量度身高，體重及皮褶厚度，坐地前伸，耐力跑，
仰臥起坐及掌上壓(中學適用) 或手握力(小學適用)
Height, weight and skin fold measurements, sit-and-reach,
endurance run, sit-ups and push-ups (for secondary schools)/
handgrip strength (for primary schools)

香港兒童健康基金 Hong Kong Childhealth Foundation

查詢 For Enquiry

電郵 Email: hkchf@netvigator.com 電話 Tel: 2567 2727

詳情請參閱本基金網站 For further information, please visit HKCHF website:
<http://www.childhealthhongkong.com>

贊助機構
Sponsored By :

小學 Primary School :



百佳超級市場

香港兒童健康基金「百佳基金」——
促進小學兒童體適能贊助
Hong Kong Childhealth Foundation's "Park N
Shop Fund" - to promote Physical Fitness in
Primary School Children

參加學校可獲 Participating schools may obtain:

免費學生金、銀或銅獎章
Free students gold, silver or bronze medals
免費電腦軟件輔助推行本計劃
Free computer software to facilitate implementation
免費在本基金網站下載學生及教師手冊
Free download of students' and teachers' handbooks from HKCHF website
香港兒童健康基金體育器材補助金
Hong Kong Childhealth Foundation's Sport Grant
學校成就獎及學校進步獎
School Achievement Award & School Progressive Award
學校參與證書及教師參與證書
School Participation Certificate & Teacher Participation Certificate

中學 Secondary School :



維他奶國際集團有限公司

香港兒童健康基金「維他奶促進
中學生體適能基金」贊助
Hong Kong Childhealth Foundation's
"Vitasoy Fund" - to promote Physical
Fitness in Secondary Schools

To: PE Section EMB
(Fax No. : 2761 4291)

School Physical Fitness Award Scheme (2005/2006)

Registration Form

(for first time registration or renewing registration)

1. This application is for * ☐ first time registration * ☐ renewing registration
2. School : (English) _____
(中文) _____
3. School Code : _____ (The 6-digit EMB Registration Number)
4. School Type ** Secondary / Primary/Special School ** a.m./ p.m./ whole day
3. Address : (English) _____
(中文) _____
6. Office Tel. No.: _____ Fax No. : _____ E-mail : _____
7. Teacher-in-charge: ** Mr/Ms _____ Staff Room Tel. No.: _____

			Boys	Girls	Total
8	Total number of students In school	Secondary Level			
		Primary level			
9.	No. of students participating in the Scheme in 2005/2006 school year	Secondary Level			
		Primary level			

Signature of School Head : _____

Name of School Head : _____

School Chop

Date :

** Delete whichever is inappropriate.

Note : Please return this form on or **before 22 September 2005** by fax (fax. no. 2761 4291) or by post to the Physical Education Section, Education and Manpower Bureau, Room 505, 5/F., 24, Tin Kwong Road, To Kwa Wan, Kowloon (Attn. : School Physical Fitness Award Scheme)

School Physical Fitness Award Scheme (SPFAS)

Application Form For Handgrip Dynamometer

(New Participating Primary Schools in 2005/2006 School Year Only)

23rd August 2005

To: All heads of primary schools participating in the SPFAS for the first time

Primary schools participating in the award scheme for the first time in the 2005/2006 school year can apply to borrow ONE handgrip dynamometer from the Hong Kong Childhealth Foundation (HKCHF). Please complete the Reply Slip and return to the HKCHF by fax **on or before 22 September 2005.** (Fax No. 2886 3166) . As the quantity of handgrip dynamometer is limited, the HKCHF will issue it on a first come first served basis. Successful schools will be informed for collection in early October 2005.

Yours sincerely,
Dr. Henrietta Man Hing IP
Chairman of the HKCHF

Reply Slip

To: The Chairman, HKCHF
(Fax No.: 2886 3166)

Name of School : _____

Contact Person: _____

Telephone No.: _____

Fax No.: _____

Our school would like to borrow one handgrip dynamometer from the Hong Kong Childhealth Foundation.

Signature of School Head: _____

Name of School Head: _____

Date: _____

School Chop

FOR OFFICIAL USE:

Date of Application received: _____

Application Number: _____

[Appendix IV is prepared by the HKCHF]