



Sir Ellis Kadoorie Secondary School (West Kowloon)

Active and Healthy School Campus Policy

Background:

Our school was first established at a site in Sai Ying Poon through the generosity of the Kadoorie family in 1890s. The Hong Kong Government assumed the school management in 1916 and the school later moved to its old site in Eastern Hospital Road. For many years, the school operated as a primary school until the 1960s with the introduction of secondary classes. It has remained a government co-educational secondary school ever since.

Sir EK is a government school with multiple nationalities, and students' talent for sports is nurtured. On our school campus, there are three basketball courts, one volleyball court, one cricket cage, one spin bike room, two dance rooms and one school hall.

Methods and Activities :

1. Various Physical Activities

For sports enthusiasts, the school offers nine different sports and budding athletes have the chance to represent the school if they are selected to play in of the 14 school teams. Sports interest classes are available for beginners who wish to develop their sporting interest at a more leisurely pace.

The school collaborates closely with sports associations such as Rugby Union, Hong Kong Fitness Association, Hong Kong School Dance Association, Cricket Association, and Hong Kong Life-saving Society. This collaboration gives us access to useful information, resources and, of course, training courses. All students are welcome to join the sporting events offered by the school, to experience the depth and breadth of sports participation.

2. Round Campus Run: To establish a habit of aerobic exercise to improve health

All students are required to join the Round Campus Run at least twice a year. They may also invite the teachers to run with them!

3. School-based Fitness Programme

Students train for four fitness tests (sit-ups, pull-ups, sit and reach, and one mile run) and are assessed twice a year in order to develop their self-awareness and aspiration for excellence.

4. Comprehensive PE Curriculum

4.1 A wide range of sports activities are offered in each grade and different kinds of new sports activities such as cricket, tennis, rope skipping, softball, floorball, floor curling, kinball, etc are provided in different grades to broaden the students' horizons.

4.2 S.1 Afterschool Sports Programme

This year-long programme, conducted for one hour after school every Wednesday, offers S.1 students the opportunity to try different sports activities including modern dance, gymnastics, cricket and rugby. Every six weeks, students try a new sports activity which allows them to have sufficient exposure to different kinds of sports activities and, also, to find a sport they love and may wish to pursue.

4.3 S.2 Sports Programme

The programme is conducted during the S.2 PE lessons which take place in the last two periods on Tuesdays. The timetabling of the lessons gives the school greater flexibility in organizing more off-campus activities. Last year, the school participated in ten joint PE lessons with La Salle College, and 12 lessons conducted at the Hong Kong Football Club.

4.4 HKDSE Physical Education

We are the only government school to offer the HKDSE PE curriculum. This gives talented athletes an opportunity to build up their sports knowledge and skills so they may eventually pursue a career in the sports domain.

5. Whole School Sports Events

5.1 Athletics Meet : All students must join at least one event for their chambers. Senior grade students can also participate as helpers.

5.2 Afterschool basketball and football friendly matches are organized with the Hong Kong Police Force and the Correctional Services Department.



60 minutes of Moderate to Vigorous Physical Activities (MVPA 60)
Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Recess	Basketball, volleyball, Rope Skipping & Table Tennis equipment are ready for all students to use during recess. (10-15mins)				
Lessons	1 Double Lesson per Week, 35 Minutes per Lesson				
Lunch Recess	Basketball, Table Tennis, Volleyball (30 mins) School Team Extra Training (40 mins) Inter-House Competition (Futsal, Basketball, Volleyball) (30 mins) Inter-class Competition (30 mins) Rope Skipping (30 mins) Table Tennis (30 mins)				
Newly Introductory Sports	Floor ball, Floor Curling, Kin ball, Frisbee, Dodgeball, hockey				
School Teams & Activities	Athletics, swimming, Badminton, Table Tennis, Cricket, Basketball, Soccer, Volleyball (120 mins, every week)				
School Sports Activities	1. School Sports Games Day (Badminton, Basketball, Dodgeball) 2. External Sports Events, Friendly matchand Competitions				