

## 「精英運動員慈善基金賽馬會動感校園計劃」課程 - 申請表

### 學校資料：

學校名稱：(中文) \_\_\_\_\_

學校地址：(中文) \_\_\_\_\_

學校電話： \_\_\_\_\_ 傳真號碼： \_\_\_\_\_

校長姓名：(中文) \_\_\_\_\_ 手提電話： \_\_\_\_\_  
(以便加入賽馬會動感校園計劃校長 whatsapp 群組)

校長電郵： \_\_\_\_\_

負責老師：(姓名) \_\_\_\_\_ (職位)： \_\_\_\_\_

聯絡電話：(手提) \_\_\_\_\_ 電郵地址： \_\_\_\_\_

### 遞交申請注意事項

◇ 請填妥以上資料，電郵至 [admin@hkelite.org](mailto:admin@hkelite.org) 或傳真至 2688 0496。

◇ 本會將於下次精英運動會協會執行委員會會議審批 貴校之申請；並於會後通知 貴校負責老師審批結果。如獲接納，負責職員隨即與負責老師安排課程活動。

### 職員專用

收表日期： \_\_\_\_\_ 審批日期： \_\_\_\_\_

確認加入日期： \_\_\_\_\_ 負責同事： \_\_\_\_\_

其他補充資料： \_\_\_\_\_

## 「EACT Jockey Club Active School Programme」 - Application

### School Details:

School Name: \_\_\_\_\_

School Address: \_\_\_\_\_

School Contact: \_\_\_\_\_ Fax No.: \_\_\_\_\_

Name of School Principal: \_\_\_\_\_ Mobile No.: \_\_\_\_\_  
*(for joining Jockey Club Active School Programme Principals WhatsApp chat group)*

Email of School Principal: \_\_\_\_\_

Name of Responsible Teacher: \_\_\_\_\_ Position: \_\_\_\_\_

Mobile Contact No.: \_\_\_\_\_ Email: \_\_\_\_\_

### Points to note:

- ✧ Please fill in all details above and email to [admin@hkelite.org](mailto:admin@hkelite.org) or fax to 2688 0496 ◦
- ✧ *This application will be reviewed in our next Executive Committee Meeting and if accepted, we shall inform your responsible teacher for arranging activities schedules.*

### For Office use:

Form received date : \_\_\_\_\_ Reviewed date : \_\_\_\_\_

Date joined : \_\_\_\_\_ Handled by: \_\_\_\_\_

Other information : \_\_\_\_\_

## 香港精英運動員協會建議各校推行「精英運動員慈善基金賽馬會動感校園計劃」約章

### 「精英運動員慈善基金賽馬會動感校園計劃」約章

闡明「精英運動員慈善基金賽馬會動感校園計劃」的精髓及價值，確立良好的實踐環境以供參考；為「承諾培養我們的孩子能夠在一個開心快樂的環境下健康成長」而努力。約章涵蓋三大範疇：約章的宗旨，約章中有關「體育活動」的定義及約章的實踐

#### 約章的宗旨

- 確保所有學生擁有參與體育活動的權利及機會；
- 確保所有學生擁有權利及機會接受指導，並學習基本的體育知識及技巧；
- 確保所有學生擁有權利及機會，並在合適的體育組織協助下，在良好及安全的環境中參與體育活動；
- 確保所有對體育活動有興趣及有潛質的學生擁有權利及機會，改進其體育活動水平，從而發揮個人潛能，取得認可的水平及成績；
- 確保所有學生擁有權利及機會，透過參與體育活動，學習體育精神，從而培養出積極正面的道德情操，發放正能量。

#### 約章中有關「體育活動」的定義

「體育活動」泛指所有體適能的活動，無論是通過自行或組織參與，目的是透過參與「體育活動」改善身體素質、發展身心、學習團結、與及提升競技水平。

#### 約章的實踐

除每週體育課堂外，透過以下的措施，營造有利環境，幫助學生培養恆常參與運動的習慣：

1. **活力操**：學校每天在指定時段，由校長及全校師生一同做活力操。學生於學期初的體育課學習活力操動作，校長及非體育科教師則參加活力操工作坊。
2. **「精英運動員慈善基金賽馬會動感校園計劃」課程及政策**：香港精英運動員協會將夥拍支持機構為參與計劃的學校，度身訂造不同的「精英運動員慈善基金賽馬會動感校園計劃」課程及政策，並提供導師配合執教課程及落實有關政策。（見附件活動選項）

3. **校內大型體育活動**：「陸運會」及「水運會」- 規定學生參與最少一項比賽及成為啦啦隊隊員。
4. **多元化體育活動**：於課後開辦不同的校隊訓練和興趣小組，如有需要，香港精英運動員協會可提供導師配合執教課程。
5. **小小運動家計畫**：訂立計畫，獎勵學生參與運動訓練；例如：定期於操場播放影片或舉辦展覽，介紹各種運動項目；派發工作紙，鼓勵學生在展覽板中找尋答案；及設「運動家挑戰站」，由體育教師帶領運動大使於小息時指導學生學習運動技能。
6. **鼓勵學生在小息時多做運動**：因應學校的實際情況，於校舍內開設多個運動場區，提供不同的運動器材給學生在小息時多做運動，例如：乒乓球區、跳繩區、籃球區等等。
7. **提升學生體適能**：學校組織學生參加「學校體適能獎勵計畫」，並設立校本的獎勵計畫，讓學生了解自己的體適能水平。香港精英運動員協會將夥拍支持機構幫助學校推廣醫療健康活動
8. **參觀主要體育設施**：有興趣之學校可向香港精英運動員協會申請，安排學生參觀主要體育設施，如香港體育學院、香港大球場等，培養學生對體育的興趣。
9. **參觀大型體育活動**：有興趣之學校可向香港精英運動員協會申請，安排學生參觀在本港舉行的大型國際體育活動，與及不同項目的本地比賽，以感受比賽氣氛。
10. **「體育知識大格鬥」**：由香港精英運動員協會提供「網上體育知識」，讓學生加強體育知識，有助於學校推廣體育文化。

校長簽署： \_\_\_\_\_

學校名稱： \_\_\_\_\_

日期： \_\_\_\_\_

校 印



## **Hong Kong Elite Athletes Association (HKEAA) recommended all schools to implement the “EACT Jockey Club Active School” Charter**

### **EACT Jockey Club Active School Charter**

#### **Aim**

- ❖ Ensure all students have equal rights and chance to participate sports activities
- ❖ Ensure all students have equal rights and chance to be coached, trained and learn the basic sports knowledge and technique
- ❖ ensure all students and participants have equal rights and chance to participate sports activities under nice and safe environment, and assisted by appropriate sports organizations
- ❖ ensure all students who show their interest and talent have equal rights and chance to improve their sports activity level, so as to develop individual’s potentials and ensure their achieved levels are being recognized.
- ❖ ensure all students have equal rights and chance to learn the spirit of sportsmanship through participating sports activities, so as to develop their enthusiasm and positive moral standard with positive attitude.

#### **Definition of “sports activities”**

“Sports activities” means all fitness activities, regardless self-participation or through organizations; all aiming to improve personal health, fit-mind, cohesion learning and competitive skill enhancement.

#### **Implementation**

Other than weekly physical education lessons, we hope to implement the following arrangements to create a positive environment to help our students to develop their regular habit of sports participation:

1. **Active Dance:** School principals to do “active dance” at a fix time-slot with all school teachers and students. Students may start to learn the active dance movements at the physical lessons at the beginning, school principals and teachers may join the active dance workshop.
2. **“Jockey Club Active School” Programme and Policy:** HKEAA will partner with supporting organizations to tailor-made different “Jockey Club Active School” programmes and policy for participated active schools, and provide professional coaching for relevant programmes and policy implementation. (please refer to attached schedule of activities)
3. **Mega sports activities in school:** Set a simple rule to all students that they must participate at least one of the events and be a member of the cheering team at the “Athletic Meet” and “Swimming Gala”.

4. **Variety of sports activities:** Arrange different school sports team training or interest group after school hours; if needed, HKEAA can offer professional coaches to conduct relevant programmes.
5. **Little Sportsman Plan:** Set up awarding system to encourage students to participate in sports training, such as: arrange video broadcasting and exhibitions at the sports ground to introduce different sports; distribute worksheets to encourage students to find the answer from the exhibition boards; and set up “sports challenge station” which Physical Education teachers may lead the sports ambassadors to teach their students different sports skills.
6. **Encourage students to exercise more during recess time:** subject to different school’s practical situation, set up different sports zones and provide sports equipment for students to exercise more during recess time, such as: Table Tennis Zone, Rope Skipping Zone, Basketball Zone and etc.
7. **Enhance students’ fitness:** Schools may organize students to join the “School fitness awarding system” and set up internal school award system to let students understand their own fitness level. HKEAA can partner with supporting organizations to assist schools for health promotion activities.
8. **Visit to Major Sports Facilities:** Interested schools may submit application to HKEAA to arrange visits to major sports facilities in Hong Kong, such as Hong Kong Sports Institute, Hong Kong Stadium and etc; so as to develop students’ interest in sports.
9. **Visit to Major Sports Events:** Interested schools may submit application to HKEAA to arrange visits to major national sports events held in Hong Kong, and different local sports competitions, so as to let students feel and learn the competition atmosphere.
10. **“Sport Knowledge Mega Challenge”:** HKEAA to provide “on-line sports knowledge” in order to enrich students’ knowledge in sports, which helps schools to develop their sports culture.

Signature of Principal : \_\_\_\_\_

Name of School : \_\_\_\_\_

Date : \_\_\_\_\_

School Chop