



Dear Parents,

School Physical Fitness Award Scheme

The "School Physical Fitness Award Scheme" is jointly organized by Hong Kong Childhealth Foundation (HKCHF), the Education Bureau and Physical Fitness Association of Hong Kong China. The aim is to promote awareness on health-related fitness among school children and to encourage them to exercise regularly. To join the scheme, students must apply through their school. Participating students are required to take physical fitness tests conducted at school, and pursue physical activities in their PE lessons and at their leisure. If the test results indicate that they have reached the stipulated level, they will be awarded badges. For safety reason, parents must collaborate with the school, and ensure that their child is fit to take the physical tests and join the activities. In case of doubt, please consult the doctor.

The fitness test items include: skin fold check, bent-knee sit ups, sit and reach, endurance jogging and push-ups (for secondary school boys), and bent-knee push ups (for secondary school girls).

For details, please refer to the attachment on the scheme and the related information about the fitness test items and protocols, or browse the website:

<http://www.childhealthhongkong.com/2003/eng/05spfas/05.php> .

To help the school to arrange for students to join the scheme and follow up appropriately, please fill in the Reply Slip and have your child return it to his/her homeroom teacher by 21st November (Wednesday) for further processing.

Yours sincerely,

Paul CHO
Principal

Reply Slip

"School Physical Fitness Award Scheme"

(Please return it to the homeroom teacher by 21st November.)

(Please put a ✓ in the appropriate boxes ; *please delete whichever is inappropriate.)

DS4 No.38

Dear Principal,

I have noted the content of the circular "School Physical Fitness Award Scheme".

- I agree to my child's participation in the "School Physical Fitness Award Scheme".
- For health reason, I wish to apply now for my child to be exempted from the following tests:
*Endurance jogging/ push-ups (for secondary school boys)/ bent-knee push ups (for secondary school girls), or other fitness tests (please specify): _____.
- I do not agree to my child's participation in the "School Physical Fitness Award Scheme".
- Reason(s): _____

Student's Name: _____ Class and Class Number: _____ ()

Parent's Name: _____ Parent's Signature: _____

Date: _____ Contact Number: _____

Introduction

The “School Physical Fitness Award Scheme” is jointly organized by Hong Kong Childhealth Foundation, the Education Bureau, and Physical Fitness Association of Hong Kong China. The aim is to promote the awareness on health-related fitness among school children and to encourage them to exercise regularly. Participating students are required to take physical fitness tests conducted at school, and pursue physical activities in PE lessons and at their leisure. If the test results indicate that they have reached the stipulated level, they will be awarded certificates.

Website: <http://www.childhealthhongkong.com/2003/eng/05spfas/05.php>

The Scheme

1. **Fitness Test:** The aim is to assess students’ status of physical fitness, and each participant must take the test at least once every school year.
2. **Design of Individual Exercise Programmes:** Based on individual students’ capability, teachers can assist students in designing their own exercise programmes and setting their personal goals.
3. **Participation in Physical Exercise:** With due consideration of safety, students participate in regular physical exercise under PE teachers’ guidance, and record their activities on the log sheets in the Student Handbook issued.
4. **Awards:** Students obtaining the stipulated scores in the tests will be awarded certificates of gold, silver and bronze levels.

For details, please browse: <http://www.childhealthhongkong.com/2003/eng/05spfas/05.php>

Test Protocols

1. **Skinfold Measurements**

To measure the thickness of triceps and calf skinfolds.

2. **Bent-knee Sit-ups**

To measure abdominal muscle strength and endurance by performing as many sit-ups as possible in 1 minute.

3. **Sit-and-Reach**

To measure the flexibility of the lower back and hamstring muscles by reaching forward as far as possible in a sitting position.

4. **Endurance Jogging/ Walk**

(6 minutes for age 6-8, and 9 minutes for age 9 or above)

To measure cardiovascular endurance by measuring the total distance jogged/ walked in 6/9 minutes within a specified boundary.

5. **Push ups (for secondary school students) - Push-ups (for boys) or bent-knee push-ups (for girls)**

To measure muscular strength and endurance of the upper limbs by performing as many push-ups as possible.