

Aim

To encourage participation in physical recreation activities and improvement of performance.

The Principles

This Section offers a wide range of programmes in the belief that:

- Involvement in some form of enjoyable physical activity is essential for physical well-being.
- A lasting sense of achievement and satisfaction is derived from meeting a physical challenge.
- The activities listed are enjoyable in them and can lead to the establishment of a lasting active lifestyle.
- Young people should have the opportunity to make a choice, then negotiate a personal programme of participation and achieve an objective.

Benefits to Young People

The Skills activity should offer participants the opportunity to:

- Enjoy keeping fit
- Improve fitness
- Discover new abilities
- Raise self-esteem
- Extend personal goals
- Respond to a challenge

General Conditions

1. Introduction

Participants should choose an activity, have their standard on starting assessed and through regular training, improve their personal standard and performance. Emphasis should be placed on both **participation** and **improvement**.

2. Forms of sports available

In choosing an activity, participant should consider his/her own interest and aptitude and availability of resources, you can refer to the suggested list in later section of this handbook.

3. Establishing a goal

Before undertaking a chosen activity, the participant should set a goal to try to reach during the training period. Bronze and Silver Level participants should inform their User Unit Leaders before starting the activity, while Gold Level participants should submit a plan to their respective Operating Authorities and to the Section Panel for approval. The plan should include the goal of improving personal standards and the proposed timetable and activities.

4. Training

This section requires participants to have a reasonable degree of training in participating the activities, thus leading to improved performance. Participants should arrange their time wisely and provide at least an hour of service per week in average.

Bronze	Major: Min. 26 hours over a min. of 6 months (26 weeks) Minor: Min. 13 hours over a min. of 3 months (13 weeks)
Direct Silver	Major: Min. 52 hours over a min. of 12 months (52 weeks) Minor: Min. 26 hours over a min. of 6 months (26 weeks)
Progressive Silver	Min. 26 hours over a min. of 6 months (26 weeks) (Not required to choose “Major” and “Minors”)
Direct Gold	Major: Min. 78 hours over a min. of 18 months (78 weeks) Minor: Min. 52 hours over a min. of 12 months (52 weeks)
Progressive Gold	Min. 52 hours over a min. of 12 months (52 weeks) (Not required to choose “Major” and “Minors”)

5. Improvement

Improvement of overall performance is essential in order to qualify, participation without improvement does not qualify for this Section.

Such improvement must be assessed as a continuing process throughout the period of participation, and in making what must necessarily be a subjective judgment, the following must be taken into considerations: -

- a. All candidates should have shown effort during the period of participation and have made progress based upon their initial knowledge and ability.
- b. Participants should also show improvement in the following areas, in so far as they are applicable to the activity concerned. These should also be related to the participants, initial standard, physical ability, and period of participation:
 - i. **Application** - Attendance and willingness to involve themselves during each practical session, appropriately dressed and equipped.
 - ii. **Technique** - Understanding of the techniques applicable to the activity.
 - iii. **Skill** - Development of individual and/or co-operative skills appropriate to the activity.
 - iv. **Tactics** - Appreciation of individual or group co-operative tactics necessary to the activity at their level of participation.
 - v. **Fitness** - Improvement of physical fitness specific to the activity.
 - vi. **Knowledge of rules** - Appropriate to the level of activity at which the participant is involved.
 - vii. **Appreciation of hazards and knowledge of safety precautions** - Safety Rules and/or Regulations and appreciation of dangers inherent in the activity.

6. Instruction and assessment

Such improvement must be assessed as a continuing process throughout the period of participation, and in making what must necessarily be a subjective judgment, the following must be taken into considerations: -

- a. Participants should be coached by someone who is knowledgeable and experienced in the activity. Instructors and assessors are normally suitably qualified Award Leaders, PE teachers, Club Instructors or National Sports Association Assessors.
- b. Details of the training sessions, including improvement in performance and points awarded for participation should be recorded. On completion of the training sessions, these details should be entered by the instructors in the participant's Record Book.
- c. Assessment or testing should be undertaken by people qualified or competent in the particular activity. At Silver level, the assessor should preferably be independent of those who have trained the participant. At Gold level there must be independent assessment and the assessor should be authorized by the Section Panel.
- d. Assessment should be made on the basis of effort, progress and performance/ achievement of the participants during the period for which the activity is being followed, with reference to the criteria listed in paragraph 6.

7. Safety Guidelines

- a. Warm Up and Cool Down Sessions

Warm up and cool down periods are essential for all physical activity sessions. These should include static stretch exercises for all the main muscle groups and some cardio vascular work. The cooling down period should involve similar exercises gradually reducing the level of activity and

allowing the muscles to return to their normal resting length.

b. Safety and Good Practice

The “Safety Guidelines On Physical Education Key Learning Area For Hong Kong Schools” published by Education Bureau is recommended to all instructors since it covers all aspects of safety both in general terms and specific to every activity. (http://www.edb.gov.hk/en/curriculum-development/kla/pe/references_resource/safety-guidelines/index.html)

c. National Sports Associations

Instructors may also take reference to safety guidelines stipulated by National Sports Associations.

8. Record Book

The Record Book represents the experiences and achievements of a young person and therefore remarks should be personalized, positive and encouraging. It should always record success and achievement rather than failure.

At all levels the activity, dates and points for participation are to be entered in Record Books by instructors.

In the event of a young person not satisfying the assessor, he or she should be informed of the reason and no entry made in the Record Book until the conditions have been fulfilled.

For activities with participation-only programmes, an assessor’s report is required and for activities with set standards, the assessor should check that the standards attained are entered correctly.

Examples:

銀章級康樂體育科
SILVER: PHYSICAL RECREATION

活動
ACTIVITY Badminton (Minor)

開始日期 (日/月/年)
DATE STARTED (D/M/Y) 19.4.2022

完成日期 (日/月/年)
DATE COMPLETED (D/M/Y) 18.10.2022

參與/ 訓練 PARTICIPATION / TRAINING

時數
HOURS 26 分數
POINTS 1 (A)

教練或導師簽署
SIGNATURE OF COACH / INSTRUCTOR Ho

姓名 (正楷)
NAME (IN BLOCK LETTERS) Ho Pui Yee

達 watermark (第二組適用)
STANDARD ATTAINED (FOR GP 2)

項目 EVENTS	成績 STANDARDS	分數 POINTS
成績總計 TOTAL FOR STANDARD		(B)
總分 TOTAL POINTS (A) + (B)		

State whether it is a Major or Minor

Leave the parts related to
"Group" or "Points" blank

香港體育總會評核證書 (第三組適用)
NATIONAL SPORTS ASSOCIATION TRAINING COURSE
CERTIFICATES (FOR GP 3)

總會
ASSOCIATION /

證書
CERTIFICATE /

時數
HOURS / 分數
POINTS / (C)

總分
TOTAL POINTS (A) + (C) /

評核員報告 (如適用)
ASSESSOR'S REPORT (IF APPLICABLE)

The participant was very active
and kept having break-throughs
during the lessons.

達 watermark：茲證明參加者對所選的活動，創設在應用技巧、熟練程度、耐時、體能各方面，均有顯著的表現。經該項活動的導師、危險及安全措施之認識亦有進步。
IMPROVEMENT: It is certified that this participant has shown improvement in application, technique, skill, tactics, fitness, knowledge of rules, appreciation of hazards and knowledge of safety precautions, as appropriate to the activity chosen.

評核員簽署
SIGNATURE OF ASSESSOR Ho 日期
DATE 29.10.2022

姓名 (正楷)
NAME (IN BLOCK LETTERS) Ho Pui Yee

資格
QUALIFICATION Badminton Coach

Activities of Physical Recreation Section

The followings give the wide range of Physical Recreation activities for reference. Participants should consult the Physical Recreation Section Panel on the acceptability of any new activity they wish to propose.

	Name of Activity
1.	Archery
2.	Artistic Cycling
3.	Athletic
4.	Aviation
5.	Badminton
6.	Baseball
7.	Basketball
8.	Billiards and Snooker
9.	Bodybuilding
10.	Boxing
11.	Canoeing
12.	Cheering Squad
13.	Chinese Martial Arts
14.	Cricket
15.	Curling
16.	Cycling
17.	Dance
18.	Darts
19.	Dodgeball
20.	Dodgebee
21.	Dragon Boat Racing
22.	Fencing
23.	Floor Curling
24.	Football
25.	Gateball
26.	Gliding
27.	Golf

28.	Gymnastic
29.	HADO (AR Dodgeball)
30.	Handball
31.	Hockey
32.	Horse-riding
33.	Ice Hockey
34.	Judo
35.	Karate
36.	Karting
37.	Kendo
38.	Kinball
39.	Lawn Bowls
40.	Motor Sports
41.	Netball
42.	Orienteering
43.	Parachute
44.	Physical Achievement
45.	Physical Fitness
46.	Rifle
47.	Rock Climbing
48.	Roller Skating
49.	Rope Skipping
50.	Rowing
51.	Row on Board
52.	Rugby Football
53.	Scuba Diving
54.	Shooting
55.	Shuttlecock
56.	Skateboarding
57.	Skating
58.	Skiing
59.	Softball
60.	Sports Climbing
61.	Squash

62.	Swimming
63.	Table Tennis
64.	Taekwondo
65.	Tennis
66.	Tenpin Bowling
67.	Triathlon
68.	Ultimate/ Flying Disc
69.	Underwater Swimming
70.	Volleyball
71.	War Game
72.	Waterskiing
73.	Weightlifting & Powerlifting
74.	Windsurfing
75.	Yachting
76.	Yoga

Participation by the Special Needs

Whenever possible, participants with special needs are encouraged to choose an activity, which will enable them to take part in this section without recourse to variations.