

## Aim

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

## The Principles

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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

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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

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### 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 activity per week in average.

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

## 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](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

達到的水準 (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.

進度：茲證明參加者對所學的活動，創始在應用技巧、熟練程度、專誠、體能各方面，均有顯著的表現。評核項活動的規則、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.	Board Rowing
10.	Bodybuilding
11.	Boxing
12.	Canoeing
13.	Cheering Squad
14.	Chinese Martial Arts
15.	Cricket
16.	Curling
17.	Cycling
18.	Dance
19.	Darts
20.	Dodgeball
21.	Dodgebee
22.	Dragon Boat Racing
23.	Fencing
24.	Finswimming
25.	Floor Curling
26.	Football
27.	Gateball

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



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

### **Participation by the Special Needs**

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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.