

Cheung Sha Wan Catholic Secondary School

Active and health school policy

Background:

Cheung Sha Wan Catholic Secondary School is one of the Hong Kong's leading English boys' schools. It was established in 20 November 1970 by the Catholic Diocese of Hong Kong. We have the vision of inspiring students to strive for perfection according to the school motto of "Self-strengthening and continuous improvement".

We received the Chief Executive's Award for Teaching Excellence Award (Physical Education key learning area, 2014) with the theme of “一切由長跑開始”.

Policy Objective:

The objective of the Active & Healthy School Policy is to develop students' healthy lifestyles, to build up the spiritual value through the whole-school approach.

Our mission is to provide all students with great experiences in physical activity and sport before, during and after school. Research show that “ACTIVE CHILDREN DO BETTER IN SCHOOL”. Regular physical activity throughout the day can lead to better behavior, attendance and academic performance. Students can get positive impact, when they move regularly in school. In the future, these students will have better income prospects, improved physical and mental health, and higher productivity.

Meanwhile, we intend to deliver high-quality physical education, focused on physical literacy and likely to give them positive experience. All students, regardless of their circumstances, ability, interests, must have access to quality physical education.

Implementation:

1.1 Curriculum

A. Feature

Our school establish a comprehensive “25-lap distance running test”, which become the tradition of "Cheung Teen". The unforgettable experience were usually shared by old boys, somehow is memorable to them. Everybody should finish the run before they graduate from Cheung Teen.

25-lap run make them to be more persistent and indomitable. They have to be persevering and not easy to give up, even if encounter difficulties. Students may apply what they learn, when they face different challenges or difficulties.

No matter principal, teachers, parents, alumni, and our students, they have chance to try. Every student have to run every year according to their class. F.1 , F.2 and F.3 students or above have to run 16 laps, 20 laps and 25 laps respectively. Of course we provide sufficient practices before we undergo the running test.

These years with the introduction of chip timer, students' result are well-recorded, including the split-lap time as well.

The participation in physical activities are included in student report cards. This includes all forms of participation, such as VIP program, result of sport events and after-school programs.



B.VIP scheme for student interest

For all F.1 and F.2, they have to choose either one sport or uniform group and service. Various options are provided with a view to encourage students to engage in regular sports and physical activities after school. There are a lot of sport classes provided, for example, fencing, table-tennis, tennis, basketball, volleyball, squash.

1.2 Exercise Activity

Students are allowed to use school facilities before and after school, and during lunch and recess times. They are free to move to different venues to have exercise; including covered playground, playground, and open area etc. We allow students to create their own play.

And adequate physical activity equipment like table-tennis, volleyball, basketball are provided by the student union. Students may have freedom to choose.

A. Before school Lesson

Morning run is compulsory for all F.1 students. Each student have to run twice a week. The sessions are led by teachers everyday, so as to develop the running habit of lower form students, and to establish regular aerobic activity to improve health. Some higher form students may also join as well, most of them are athletes of sports team. Track practice, hurdle, throw events are sometimes undergone.



B. Recess & Lunch

During recess and lunch time, most students are physically active. They go downstairs from different floors. It requires several minutes to go up-and-down already.

Adequate physical activity equipment is provided, and can help increase physical activity. It provides opportunities for students to select physical activities of their

choices.

Some of them play basketball in the main court, and there are lots of spectators over floors. Some students play volleyball and basketball in the side court, and covered playground as well. Some students are guided by student leaders to have fitness training.

Some senior form students may prefer muscular pull-up, so as to build up muscle.



Playing sports everywhere

Gym Room will be open 3 times a week after school and students may go during lunchtime as well. Even during weekend or holidays, students and graduates also keep training at gym room.



C. Inter-Class Competition

Lunchtime is perfect time to gather students. Apart from basketball team players, many students like basketball. Inter-class basketball competitions are usually organized during lunchtime. This is to nurture sportsmanship and team morale. Also friendly match between teachers vs F.6 representatives are invited to compete. In order to build up sense of belonging before they leave.

Inter-class Tug-of-war competition for senior form is organized every year. The activities are all led by Student Union. Students may have chance to watch the sporty side of some non-PE teachers. The atmosphere is excellent, all student spectators from overhead floors stare at the match and cheer for both sides at the same time and draw everybody's attention.

Inter-class soccer competition is usually undergone after-school, at the soccer field next to our school. This is one of the favorite activities for students, and many students like to play soccer, there are many spectators as well



Inter-class basketball competitions



F.1 Inter-class dodgeball competition

D. Inter-House Competition

In Cheung Teen, students pay significant attention on inter-house result, which includes result of Athletic meet, Aquatic meet, Cross-country race, and result of ball games (table-tennis, badminton, basketball, volleyball, soccer). These competition results are taken into account in overall inter-house scores; and two-third of these inter-house events are classified in the sports-related field. Most students hope to clinch victory to their own house.

With the limitation of venues, some inter-house events may be organized outside school as well, most ball games are usually led by PEX students. These competition results are taken into account in the overall inter-house scores; and half of these inter-house events are classified in the sports-related field.

Student-led culture promotes students to organize inter-house competitions, such as mini-soccer “西瓜波”.

E. Volunteer scheme

In order to provide students with a platform to serve our community, we will send helpers in inter-primary school athletic competition organized by the HKSSF. Over 30 students will be helpers in HKSSF competitions every year.

This is to encourage students to explore sports and nurture their genuine interest in sports. We also help some primary schools to organize sports day. Students can broaden the knowledge of sports and management as well.



1.3 School Major Sports Events

CSWCSS hosts a series of sports events each year, ranging from individual competitions in single sports to major sport competitions.

A. Annual Cross-country Race

Cross-country race is being organized every year in Kam Shan country park as our school's traditions. The race route is about 6km around two of the reservoirs. Most of the students will join the run, and will depart in three category respectively. This help students achieve their goals and have fun across the route. Some of them will be the helpers.

Parents, teachers, and alumni are also involved in it too. They can be event helpers, participants as well. Each year, the activity were full of joy.



Annual Cross-country competition

B.Sports Day

Sports Day will be organized in two-days, usually at Wanchai Sportsground. The number of enrollment is satisfactory every year. The total no. of entries was over 800 times. All junior form students (F.1 & F.2) are compulsory to join at least one event.

Most students play active role in the event, they are either participants, or helpers. And most students participate at least one event.



C. Swimming gala

Swimming gala will be held every year. There were outstanding performances and results from event winners, and others represented their Houses with pride and passion. All the competitors received enthusiastic encouragement, with every House consistently belting chants at the top of their lungs and ferociously waving signs, both in the pool and on the stands.



1.4 Extra Curricular Activities

A. Hong Kong Catholic Diocesan Secondary Schools Joint Athletics Meet

This belongs to the legend of Cheung Teen since early 1990s. Among the 27 secondary schools, we have a record of Overall Champion 19 times, out of the 23 times (except the 1,2,3,20). Our boys are honored to be one of the representatives. They train hard, to prepare for the race.



Cheers from our principal

B.Achievement in Inter-School Competition

Cheung Teen's sport culture is strong. There are 6 school teams, which belong to the highest level (Division One) at the inter-school competitions, including the Athletic and Swimming competition. Meanwhile, we stand at the higher position in these sports respectively.

We provide sufficient training sessions for the athletes of different sport teams. Despite regular training practices, we arrange lots of open competitions for our athletes. Also, we organize local camps, and overseas trainings as well.



C.Sports Team Training Camp

Our PE department organize sports training camp yearly, which is usually conducted at the late June during post-exam period. With 5 to 7-days intensive training outside HK, students can broaden their horizon, raise their sense of belonging.

Every year, the participants varies from 90-120 students, together with teachers, coaches, parents. We have been Japan, Taiwan, mainland China in the past.

Besides, some team will also organize another training camp during the Christmas, Easter or some longer holiday. Offer valuable experience to students.



Taiwan (台南) training at 2019



Training at Chiba, Japan at the summer 2018

MVPA 60 Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Back to School	Walk Every day (10 mins)				
Before Morning Assembly	Morning Run Twice a week (70 mins) Volleyball, Basketball & Table Tennis Exercise Every day (30 mins)				
Recess	Ball Game / Fitness Exercise Every day (30 mins)				
Lesson	PE Lesson Once a week (80 mins)				
Lunch	Ball Game Exercise Every day (40 mins)				
Extra Curriculum Activities	School Teams Training 2-3 times a week (120 mins) Ball Game Exercise Every day (60 mins)				
Back to Home	Walk Every day (10 mins)				
Classroom Extension	Competition / Self-Training / Leisure Exercise / Family Activities 1-2 times a week (60-90 mins)				
School Events	Sports Day / Cross-country race / Swimming gala / Inter-House Sports Competition / Friendly match				