



# Po Leung Kuk Lam Man Chan English Primary School

## 保良局林文燦英文小學

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### Active and Healthy School Campus Policy 2018 - 2019

#### Background

Po Leung Kuk Lam Man Chan English Primary School was established in 2007. We have two campuses that include two school halls and two playgrounds for physical activities. The school size is about 2544 square meters in total. There are 24 classes, which consist of Class level P.1 to P.6 and the maximum number of students is 792, in which there are 27 nationalities from 5 continents (teachers and students).

LMC are committed to implementing a whole-person development based on the use of child-centred teaching approaches to create a culture of creativity and care. On the other hand, in order to promote WHO's recommendation(MVPA 60), the aims of P.E subject are designed to stimulate pupils' interest and desirable positive attitudes towards physical activities and to encourage them to take part in sports, physical training and recreational activities actively and regularly for the development of an active and healthy lifestyle.

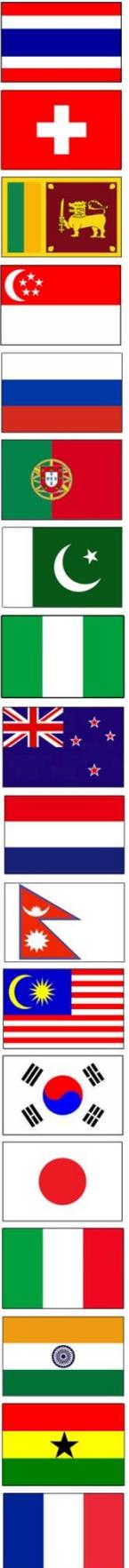
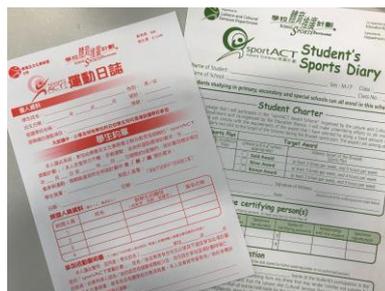
#### Methods and Activities

##### 1. Provide various kinds of Sports, interest classes and school teams

To take care of the diversity of the nationalities of students, LMC provides 86 different kinds of Extra Curriculum Activities, including 39 school teams ranging from Ice-hockey to roller skating, from skipping to basketball, from swimming to soccer, from athletics to mini tennis, from table tennis to cricket, etc. Students from different backgrounds are able to exchange their culture and experiences while taking part in various ECAs and school team trainings.

##### 2. Comprehensive PE curriculum

- P.E booklet - P.E team has designed a booklet for P.1 to P.6 students. The content of the booklet includes different kinds of fundamental movement skills, sports, and the whole year P.E events. On the other hand, students are required to use the booklet for self-evaluation and peer-evaluation. It also aims at encouraging students to join the SportAct award scheme and record their result of physical fitness test day and sports day.
- Sports day - It is compulsory for P.1 to P.6 students to participate in sports day. For P.1-P.2 students, students are required to choose among running, bean bag throwing or skipping. For P.3-P.6 students, they are required to join at least one either track or field event. We also provide parent-child relay to encourage and facilitate the relationship between parents and child. Meanwhile, as there are four houses (Phoenix, Leopard, Kraken, Unicorn), the school will present an overall champion to the house which gets the highest score in the sports day.
- Sports day dance - There is a theme song every year and P.E teachers will teach students the sports day dance during P.E lessons. Students are required to dance in sports day with principal and all the teachers.





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### 3. Theme learning

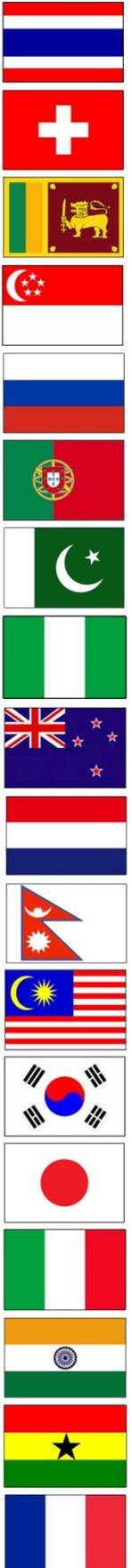
Apart from incorporating fundamental movement (FM) in our P.E curriculum, the school also provides theme learning to P.1 to P.6 students in order to increase their learning efficacy and motivation. (P1-skipping, P2-roller skating, P3-swimming, P4 and P5-Martial arts, P6-swimming)

### 4. Inter-class activities

Besides the recess activity, P.E teachers also organize various inter-class activities to all the students, ranging from jump off day to battle challenge, from basketball shooting to dodgeball competition, etc. Our principal, teachers and even parents are also invited to participate in the class activities with students.

### Members of P.E Subject:

<b>Principal</b>	Ms. Jessica MAN
<b>Vice principal</b>	Mr. Patrick PAT
<b>Consultant</b>	Mr. Jack WANG , Ms. Fyan IU
<b>Panels</b>	<u><b>Farm Road Campus:</b></u> Mr. Bob WANG <u><b>Sheung Heung Road Campus:</b></u> Mr. Anthony MA
<b>Subject Teachers</b>	<u><b>Farm Road Campus:</b></u> Ms. Fyan IU , Mr. Bob WANG <u><b>Sheung Heung Road Campus:</b></u> Mr. Patrick PAT, Mr. Jack WANG , Mr. Anthony MA



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