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課程發展處



## 「種籽計劃」：發展學校集體運動 Development of Mass Exercises at Schools in Hong Kong



## Background

- Physical activity level of school age children in Hong Kong has been found very low  
(Hui et al., 2000; Linder, 1998)
- Extremely high levels of passive behaviors were observed  
(Johns and Ha, 1999)
- Only 19 per cent of children aged between 5 - 17 in Hong Kong engage in enough physical activities to benefit their health according to CDC standards  
(Hong Kong Sports Development Board, 2003)



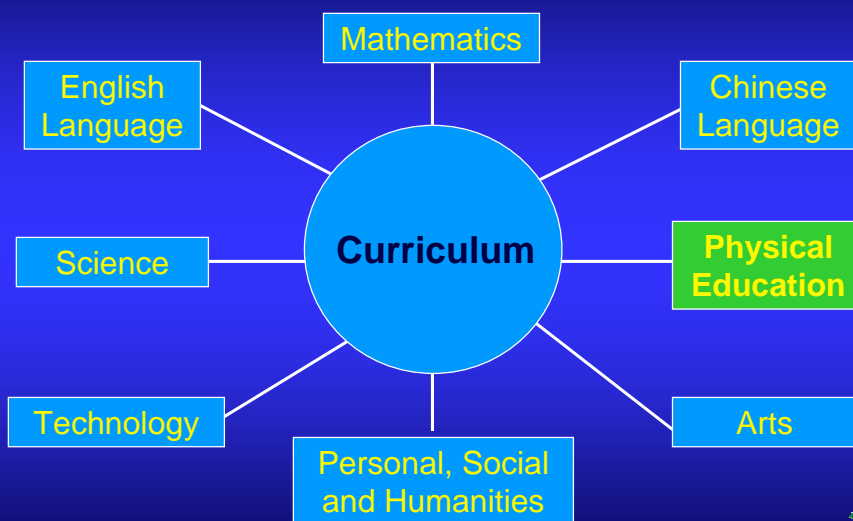


## Influencing Factors

- Physical environment - limiting opportunity
- Social influences that inhibit activity
- Cultural values that determine choice
- School curriculum, teachers, parents



## Key Learning Areas





## PE Curriculum

**Possible Solution**



**Promotion of Regular Mass Exercises**



## Purposes

- To design a set of mass exercises in schools by using the school-based approach
- To improve physical fitness of students by long-term implementation of the programme
- To assess the effectiveness of the programme on fitness and behaviour of the students





## Methods

- September 2003 to December 2004
- 9 schools
- More than 5,000 pupils



## Design and Implementation

School-based Exercises:

- Progressive implementation
- Not restricted by space and uniform
- At least 10 -15 min exercise
- Simple bodily movements
- Background music for fun





## Data Collection

- Interviews and observations
- Questionnaires
- Physical Fitness Tests
- Seminars and Workshops



## Seminars and Workshops

- To promote ideas exchange among teachers and principals
- To collect continuous feedbacks





## Interviews and Observations

- In-depth interview with principals, teachers and students
  - Administration and organization
  - Technical issues
  - Change of attitude and belief
- Videotaping during exercise



## Summary from Interview

- Increasing awareness of health promotion and maintenance
- Application of cross-subjects integration  
(e.g. languages learning in Mass Exercises)
- Creativity as the key factor for effective implementation  
(e.g. cartoon music, format, timetabling, etc.)
- Positive peer influence among teachers and students
- Strong leadership and committed teachers required





## Physical Fitness Tests

Items: Body composition  
Flexibility  
Muscular endurance  
Muscular strength  
Cardiorespiratory function



## Results of Fitness Tests

Stage 1: Pretest vs. Posttest (NS)

→ Physiological responses (NS)

→ Exercise for only 2 - 3 times each week  
and < 10 minutes each session

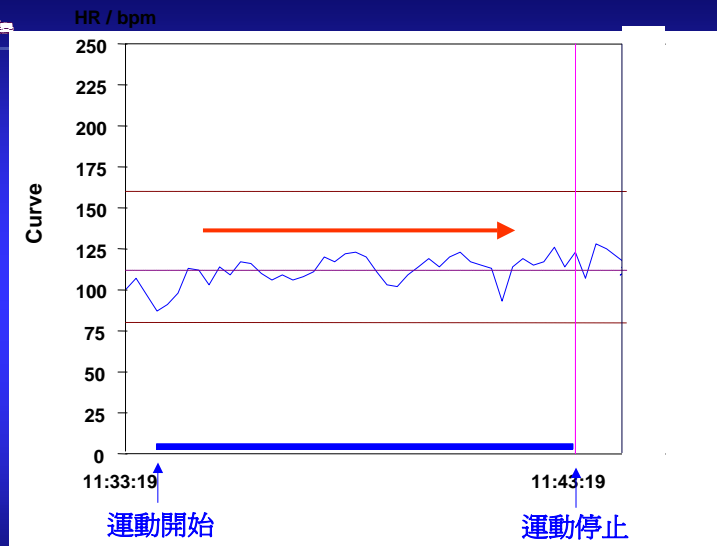
Stage 2: SARS





## 運動強度 (心跳率)

	時間 (分鐘)	最高 (bpm)	最低 (bpm)	平均值 (bpm)
聖巴西流小學	10	133	96	114.5
普愛學校上午校	8	132	100	115
獻主會小學 (上午校)	5	149	111	129
獻主會小學 (下午校)	4	137	98	114
天水圍天主教小學	4	157	104	↑50%
馬鞍山聖若瑟小學	10	151	107	130
基督教粉嶺神召會小學	9	179	112	↑59%







## Recommendations

For HKSAR Government:

- To start implementing mass exercises in primary schools
- To develop purposefully built PE facilities at schools
- To establish network for effective communication



## Recommendations

For Schools: Administration

- Re-organize timetable
- Make full use of space
- Exercise at least 3 times per week
- Motivate teachers by fair duty allocation
- Maximize co-operation between school and parents





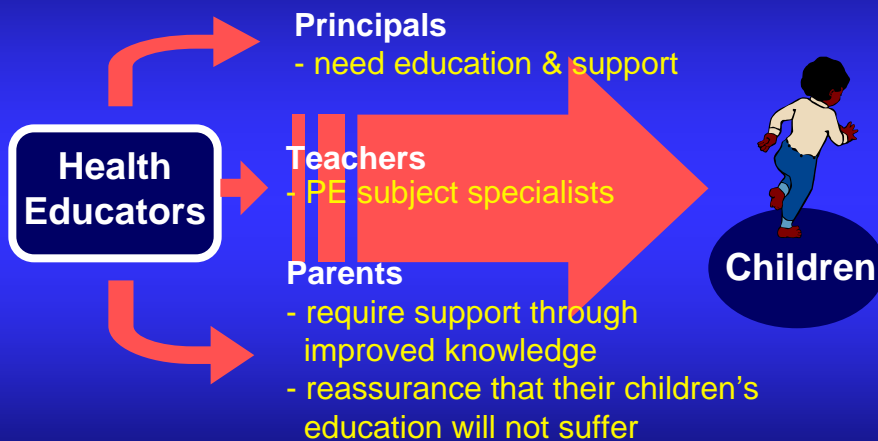
## Recommendations

For Schools: Implementation

- Use a variety of Mass Exercises
- Develop as performance in special events
- Promote students' creativity to design
- Adopt as Inter-class competition



## Recommendations





## Ultimate Goal

「普通中小學校應保證學生每天有一小時體育課活動的時間（含體育課）。」

中華人民共和國 學校體育工作條例 第十條 1990年



## ACKNOWLEDGEMENT



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THANK YOU!

