

OLE Time Arrangement: self-checking calculation (Cognitio College (Hong Kong))

Note: This table only illustrates a self-check exercise showing how a school's OLE programmes can satisfy the said time requirements. Undoubtedly, there are **many other** OLE related activities happening in the school to achieve whole person development. The enlisted provisions are only those arranged **for all** and **best fit** the OLE aims and expected outcomes in this self-checking calculation.

Timetabling details: 6 days/cycle; 40mins/period; 25 cycles

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods) ¹	33
	Sports day and Swimming Gala (3.5 days)	21
AD	VA lesson (2 periods)	33
	Visit, art exhibition, competition, workshop etc ²	10
	Music competition & Variety show	6
MCE, CS, CRE	Assembly & class teacher period (2 periods)	33
	Exposure in CRE & CS ³	15
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ We have actually established a good practice of providing 2 PE lessons for all forms and VA for all in S6 in the existing senior secondary. We will build on this practice to provide 2 periods, each for PE and VA, for all in NSS.

² These AD related programmes will include various arts forms like media arts and fashion design.

³ Apart from school arranged community services (both in and outside school) for all in NSS, career talks and workshops will be arranged to enrich CRE.