

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

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: 40mins/period; 32 weeks

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods)	38
	Sports Day and Swimming Gala	21
AD	Arts Education Lesson (1 period)	20
	AD Assembly ¹	7
	Drama performance in post-exam period	8
	Music appreciation (e.g. hymns)	10
MCE, CS, CRE	Assembly and morning assembly	32
	Religion period	13
	Community Service ²	10
	Experiential Learning Day for CRE ³	10
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ There will be a variety of AD related programmes to complement structured learning of the Arts Education lessons, including in-school music performance for all and music contests.

² We will offer community services, both in-school and outside-school, for our students. Programmes include talks and training.

³ CRE will be implemented through school assembly and Experiential Learning Day. Visits and talks will be organized to enrich students' experiences and knowledge to make an informed choice about their future studies and career development.