

OLE Time Arrangement: self-checking calculation (Ho Lap 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: 45 mins/period; 10 days cycle

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods) ¹	24
	Sports day	16
	Swimming gala	8
	Inter houses rope skipping competition ²	3
AD	AD lessons (2 periods) ³	24
	Inter House Drama and Music Competition	8
	Exposure in AD ⁴	9
MCE, CS, CRE	Class period ⁵ and morning assembly (30 mins per day) ⁶	44
	Community Service ⁷	9
	Career-related Experiences ⁸	6
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ We build on existing practice of providing 2 PE lessons for both junior and senior secondary students.

² As a tradition, we offer Inter Houses Rope Skipping Competition for all students to develop their physical competence.

³ Based on themes on AD, e.g. The Miracle of Sound, Art Appreciation, structured learning time will be provided for students to ensure their balanced developments all through senior secondary education.

⁴ Numerous AD opportunities are provided by us for senior secondary levels such as visiting exhibitions, art seminars and concerts.

⁵ 2 timetabled lessons will be arranged for S4 and S5, and 1 timetabled lesson will be arranged for S6.

⁶ Activities like morning reading on news and current issues, theme-based discussions and talks will be arranged during these class periods and assembly time to enrich learning opportunities in MCE, CS and CRE for all students.

⁷ We offer community service programmes to all NSS students, such as flag selling, charity sale and Clean HK Programmes etc.

⁸ Building on existing practice, career-related programmes, like Career Board Decoration Competitions and workplace visit will be arranged for all NSS students.