

## OLE Time Arrangement: self-checking calculation (Ho Ngai College (Sponsored by Sik Sik Yuen))

**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: 40 mins/period; 8 periods/day; 5 days/week, 36 weeks

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
<b>PD</b>	PE Lesson (2 periods)	48
	Sports Day (2 days)	14
	Cross-country race (0.5 day)	3
<b>AD</b>	AD lesson (2 periods) <sup>1</sup>	32
	Singing Contest	3
	Other AD activities <sup>2</sup>	10
<b>MCE, CS, CRE</b>	Assembly and Class-Teacher Period	30
	S.4 Study Camp (2 days) and Fun Fair Day (for all) <sup>3</sup>	17
	Community Service <sup>4</sup>	6
	Career-related Experiences <sup>5</sup>	9
		<b>Over the suggested minimum lesson time (15% / 135 hrs)</b>

<sup>1</sup> To ensure sufficient structured learning opportunities in AD, we arrange 2 AD lessons on various art forms for S4 and S5 students. Further planning will be made for S6 students.

<sup>2</sup> Other AD activities include performing arts shows, dance competition, concerts, talks, visits and exhibitions.

<sup>3</sup> As the school traditions, we are using these special programmes to enrich learning opportunities in MCE and CRE for S4 and all students.

<sup>4</sup> We offer community service programmes to all NSS students, such as flag selling and visits to elderly homes etc.

<sup>5</sup> Building on our existing practice, career talks, visits to tertiary institutions and career-related exhibitions will be arranged for all NSS students.