

OLE Time Arrangement: self-checking calculation (Our Lady's 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: 5-day week; 40mins/period; 29 weeks

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson ¹	30
	Sports Day	12
	Competitions and Post-exam activities ²	5
AD	AD lesson ³	30
	Music concert and VA exhibition	5
	AD learning on Activity Days and Post-exam activities ⁴	12
MCE, CS, CRE	Assembly & class teacher period ⁵	30
	MCE on Activity Days	4
	Community Service Programme ⁶	15
	Exposure in CRE ⁷	10
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ 2 PE lessons will be allocated to S4 & 5 and 1 for S6.

² We offer sport competition of ball games and various PD programmes for all students.

³ 2 AD lessons will be allocated to S4 & 5 and 1 for S6. Some of our students who take M2 will only have 1 period of AD lesson each cycle, but we will arrange extra AD activities for them to fill the gaps and provide adequate teacher input.

⁴ We have 13 Activity Days (2 hours in the afternoon) per year.

⁵ Some of the class teacher periods will be used for conducting briefing and debriefing to facilitate quality student learning in CS and CRE.

⁶ This programme is based on our existing practice that our students will decide a service programme in partnership with some social organisations. Besides, our students will conduct the briefing and reflective sessions to turn these experiences into focused learning.

⁷ Career talks, visits and exhibitions will be arranged to enrich CRE.