

OLE Time Arrangement: self-checking calculation (Po Kok Secondary School)

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: 7 days/cycle; 40mins/period; 23 cycles

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods)	30
	Sports Days	12
AD	General Arts (2 periods) ¹	30
	Regular training on speech, drama and communication (2 periods)	30
	Music Competition	8
MCE, CS, CRE	Assembly & class teacher period (2 periods)	30
	Community Service	6
	Education Activity Day (2 days) ²	12
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ We offer 7 Art forms, such as music, visual arts and photography, for students' selection. Students could select one Art form for each semester. All through the senior secondary education, students could experience 6 art forms. Besides, we will also invite community partners to share AD experiences.

² We offer CRE experience to students during education activity day, assembly and class teacher periods.