

OLE Time Arrangement: self-checking calculation (PLK 1983 Board of Directors' 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.

Time tabling details: 5 days/week; 55mins/period; 30 weeks

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (1 period)	27.5
	Sports Day	18
	Swimming Gala	
AD	AD lesson (1 period) ¹	27.5
	Whole school programmes ²	33
MCE, CS, CRE	Assembly & class teacher period (1 period)	27.5
	Community Service ³	12
	Careers Profile ⁴	8
	Career-related Experiences ⁵	10
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ We offer opportunities for students to have exposure in various performing arts, such as dance, music and visual arts. Students will be engaged in one type of performing arts throughout the three years of senior secondary education.

² We offer a number of whole-school AD programmes for all students, such as dance festival, music festival, drama competition, cultural week, etc.

³ We offer a range of in-school and outside school CS opportunities for students. As a school policy, all senior secondary students are required to have 12 hours of service.

⁴ Students are provided with enough space to complete their own career profiles. They will attend meetings and activities in the process of developing the profiles. The content will be reviewed half yearly.

⁵ We offer CRE opportunities for students, such as career expo and visits to universities.