

OLE Time Arrangement: self-checking calculation (St. Antonius Girls' 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: 40 minutes/period; 8 periods/day; 6 days/cycle; 25 cycles

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods)	33
	Athletics Meet	8
	Inter-class and Inter-house Sports Competition ¹	10
AD	Music lesson (1 period)	16.5
	AD Day ²	8
	Talent Show ³	8
	Exposure in AD ⁴	16
MCE, CS, CRE	Assembly	30
	Religious Study (1 period)	16.5
	Community Service ⁵	10
	Career-related Experiences ⁶	6
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ Sufficient opportunities are provided for all students at senior levels to participate in the competition.

² We provide opportunities for all senior secondary students to attend concerts and visit exhibitions.

³ We provide various opportunities for students of various artistic talents to celebrate their success such as singing, dancing and drama.

⁴ Numerous AD opportunities are provided for senior secondary levels such as drama performance, art exhibition, singing contest and dance competition.

⁵ We offer a number of in-school and outside-school CS opportunities for all students to join and learn in the programmes.

⁶ We offer career talks and guidance within school hours. We will also arrange visits to universities and workplaces outside school hours.