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.

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD —	PE lesson (2 periods)	30
	Sports Day	12
AD	AD lesson (1 period) ¹	15
	Music Festival	10
	AD in special events and functions ²	22
MCE, CS, CRE	Assembly and Class Period	20
	Co-curriculum / OLE activities ³	8
	Post-Exam Activities ⁴	13
	Community service ⁵	5
		Over the suggested minimum
		lesson time (15% / 135 hrs)

Timetabling details: 6 days/cycle; 35 minutes/period; 25 cycles

¹ We will offer one period every cycle to provide students with structured learning opportunities in AD. Different arts forms like visual arts will be offered. We have planned this for S4 and 5 and we are seriously considering extending it to S6 to ensure adequate and relevant teacher inputs to students throughout the three years of the senior secondary.

² A variety of activities and programmes for aesthetic development will be arranged during normal lessons (e.g. school assembly and class period) and OLE activities (e.g. post-examination activities like relevant talks, fashion show, musical instrument performance and various relevant competitions.

³ Career talks and life education programmes will be organised for students in these OLE activities.

⁴ Students will have different activities and programmes every year to achieve the expected learning outcomes of OLE. For example, career talks and visits will be arranged during the post-examination period.

⁵ Opportunities of community service will be provided inside school, e.g. classroom cleanliness campaign.