

## 2.8 Co-curricular Activities

Students may participate and assist in organising different co-curricular activities to enrich their learning experience. For example, they may take part in their school's swimming interest groups, workshops, training, school teams, referee training courses or assist in organising such activities. They may also gain experience in external water sports and join different challenge programmes. From these, they will learn the organisation and leadership skills to serve the community and gain real life experience. The following are some examples of co-curricular activities:

Types	Contents of Activities
<b>1. Interest group</b>	<ul style="list-style-type: none"> <li>• Attend swimming fun days</li> <li>• Invite guests to give demonstrations</li> <li>• Join the swimming club</li> <li>• Take part in water carnivals</li> </ul>
<b>2. Service</b>	<ul style="list-style-type: none"> <li>• Act as helpers</li> <li>• Assist in organising swimming activities, take up the roles of referees, assistant coaches, etc</li> <li>• Assist in lifesaving work in school swimming galas</li> <li>• Lead schoolmates in practice</li> <li>• Become junior sports leaders and promote swimming activities in school</li> </ul>
<b>3. Spectatorship</b>	<ul style="list-style-type: none"> <li>• Watch a swimming gala on video or on TV</li> <li>• Watch a performance and demonstrations</li> <li>• Watch local/Asian/international competitions</li> </ul>
<b>4. Visit/Interview</b>	<ul style="list-style-type: none"> <li>• Attend opening or closing ceremonies of swimming and aquatic sports activities or competitions</li> <li>• Interview swimmers and publish the contents in the school magazines or on the Intranet</li> <li>• Become a school reporter to report and publish the news of aquatic sports activities or competitions</li> </ul>
<b>5. Workshop/ Study group</b>	<ul style="list-style-type: none"> <li>• Participate in youth promotion programmes of swimming</li> <li>• Attend training courses</li> <li>• Attend lifesaving courses</li> <li>• Acquire lifesaving qualifications</li> <li>• Attend swimming judge training courses</li> </ul>
<b>6. Training and competition</b>	<ul style="list-style-type: none"> <li>• Participate in competitions inside and outside school</li> <li>• Attend school team training</li> <li>• Attend lifesaving team training</li> </ul>
<b>7. Others</b>	<ul style="list-style-type: none"> <li>• Through newspaper cuttings and information search on the Internet, get to know about the history and development, rules and regulations, facilities and equipment, and terminology of international swimming and aquatic sports competitions; and post the relevant information on the school notice board or the Intranet for the reference of other students</li> </ul>