

3.8 Co-curricular Activities

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

Types	Contents of Activities
1. Interest group	<ul style="list-style-type: none"> • Join school's athletics interest groups • Take part in athletics activity days • Invite guests to give demonstrations
2. Service	<ul style="list-style-type: none"> • Act as helpers • Assist in organising athletics activities, taking up the roles of referee, assistant coach, etc • Help schoolmates in practice • Become the school's junior sports leaders and promote the school's internal athletics activities
3. Spectatorship	<ul style="list-style-type: none"> • Watch athletics events on video or on TV • Watch public performance and competitions • Watch local and international competitions
4. Visit/Interview	<ul style="list-style-type: none"> • Interview athletes and publish contents of the interviews in the school magazine • Attend opening and closing ceremonies of athletics activities
5. Training and competition	<ul style="list-style-type: none"> • Participate in youth athletics promotion programmes • Join the school's internal and external competitions • Attend athletics training courses • Take part in referee training courses
6. Others	<ul style="list-style-type: none"> • Through newspaper cuttings and information search on the Internet, get to know about the history and development, rules and regulations, facilities and equipment, terminology, etc belonging to different athletics events included in international competitions; and post the relevant information on the school notice board for the reference of other students