

## 5.8 Co-curricular Activities

Students may participate and assist in organising different co-curricular activities to enrich their experience of learning physical activities. For example, they may take part in their school's canoeing club, workshops, training activities, school teams, referee training courses or assist in organising such activities. They may also gain experience in external canoeing activities and join different challenge programmes. From these, they will learn the organisation and leadership skills to serve the community and obtain 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>• Join the canoe club</li> <li>• Attend canoeing fun day</li> </ul>
<b>2. Service</b>	<ul style="list-style-type: none"> <li>• Act as helpers</li> <li>• Assist in organising canoeing activities, taking up the role of assistant coaches, etc</li> <li>• Become junior sports leaders and promote canoeing in schools</li> <li>• Lead schoolmates in practice</li> </ul>
<b>3. Spectatorship</b>	<ul style="list-style-type: none"> <li>• Watch canoeing competitions on video or on TV</li> <li>• Watch public performances and demonstrations</li> <li>• Watch local and international live competitions</li> </ul>
<b>4. Workshop/Study group</b>	<ul style="list-style-type: none"> <li>• Participate in promotion programmes for canoeing</li> <li>• Attend canoeing training courses</li> <li>• Take part in official training courses</li> </ul>
<b>5. Training and competition</b>	<ul style="list-style-type: none"> <li>• Organise canoeing team</li> <li>• Attend school team training</li> <li>• Participate in internal and external competitions such as inter-house, inter-school and open competitions</li> </ul>
<b>6. Further training</b>	<ul style="list-style-type: none"> <li>• Attend advanced skills training courses such as advanced training courses, boat racing training courses and instructor courses</li> </ul>
<b>7. Others</b>	<ul style="list-style-type: none"> <li>• Attend training courses related to canoeing such as canoe lifesaving training course, canoe polo training course, etc</li> <li>• Through gathering information by means of newspaper cuttings and information searches on the Internet, students get to know about activities held in Hong Kong and abroad, rules and regulations, facilities and equipment, terminology, etc. Post the relevant information on the school notice board or the Intranet for the reference of other students</li> </ul>