

True Light Girls' College
Plan on One-off Grant for Promotion of a Sports Ambience and MVPA60 in Schools (2025-2026)

Target	Implementation Strategies / Tasks	Time Scale	Success Criteria	Method of Evaluation	People Responsible	Estimated Expenditure
1. Enhance physical fitness, gain knowledge of relevant physical activities 2. Develop a habit of active participation in physical activities	1. Procurement of PE/ sports related IT services - Purchase online system “Learning Fun” which is an online system allows students to record physical fitness test results in effective way. - A complete record of students’ personal measurement in fitness tests and physical health indicators, such as weight, BMI, skin fold and fat thickness, etc., to keep tracking of students’ physical fitness status.	September 2025 to August 2026	- 60% of the students show improvement in the fitness tests - Over 85% students meet the optimal weight range - Over 85% students obtained awards from the Physical Fitness Scheme	- Report of the fitness tests - Comparison of the fitness data - The indexes of KPM24 & KPM 25	Ng WT Ho SC	5,000
1. Expose students to a wide variety of physical activities 2. Help students to develop sports skills 3. Develop a habit of active participation in physical activities	2. Organise and sponsor students to participate in diversified sports activities/sports-related learning activities - Organise school sports fun days and sports experience activities - Promote new sports and specialized training courses for different levels. - Subsidize students to participate in sports experience activities or sports competitions organised by sports associations/sports-related groups.	September 2025 to August 2026	- Over 70% of the students expose to a new kind of sports or take part in the sports experience activities or competition	- Evaluation and feedback from the students - Participation statistics of the sports activities/ sports-related learning activities - Feedback on the performance of the students by coaches and organising parties	Ng WT Ho SC	\$10,000

Target	Strategies / Tasks	Time Scale	Success Criteria	Method of Evaluation	People Responsible	Estimated Expenditure
1. Develop a habit of active participation in physical activities 2. Foster positive values and attitudes	3. Organize diverse sports activity and competitions to allow different school stakeholders (including teachers and parents) to participate with students - Organize sports-related teacher-student activities/competitions and invite teachers to participate. - Co-operation with the Parent and Teacher Association in organizing parent-student activities.	September 2025 to August 2026	- Over 80% of the participants agree the activities can promote their active participation in physical activities	- Evaluation and feedback from the students - The performance of the students	Ng WT Ho SC	\$2,000
1. Develop a habit of active participation in physical activities 2. Expose students to a wide variety of physical activities	4. Purchase and improve school PE/exercise equipment. - Purchase fitness equipment and set up fitness corners in the mini-hall. - Set up inter-class/ inter house competitions with the new equipment. - Renew the sports equipment at school under the equipment lending scheme.	September 2025 to August 2026	- Over 80% of the students agree the activities/ the equipment renewal help them to develop a regular exercise habit	- Evaluation and feedback from the students - The participation rate of the equipment lending	Ng WT Ho SC	\$30,000

Target	Strategies / Tasks	Time Scale	Success Criteria	Method of Evaluation	People Responsible	Estimated Expenditure
1. Develop a habit of active participation in physical activities	5. Develop/optimize policies related to developing active and healthy campuses/"MVPA60" - Launching the MVPA60 Award Scheme, SPORTACT Award Programme and the "School Physical Fitness Award Programme to the students. - Organise fitness awards competition in class level/ house to increase their incentive.	September 2025 to August 2026	- Over 60% students obtained awards from the MVPA60 Award Scheme - Over 85% students obtained awards from the Physical Fitness Scheme - Over 80% students agree that the award schemes enhances their motivation in doing sports activities	- Calculation of awards obtained in the Physical Fitness Scheme and the MVPA60 Award Scheme	Ng WT Ho SC	\$2,000
1. Expose students to a wide variety of physical activities 2. Help students to develop sports skills	6. Hire additional coaches/provide procurement services to assist schools in promoting campus sports atmosphere and "MVPA60"	September 2025 to August 2026	- Over 80% of the participants agrees the services promote the sports atmospheres and "MVPA60"	- Evaluation and feedback from the students - Evaluation and feedback from the teachers	Ng WT	\$1,500