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

1. Enhance physical fitness, gain knowledge of relevant physical activities and develop a habit of active participation in physical activities.			
Strategies / Tasks	**Success Criteria**	**Evaluation**	**Actual Expenses ($)**
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.	- 60% of the students show improvement in the fitness tests - Over 85% students meet the optimal weight range - Over 85% students obtain the awards from the Physical Fitness Scheme	- A comparison of fitness test results between the first and second terms demonstrates measurable student progress. Across the five core fitness components—the 9-minute run, 1-minute skipping, sit-ups, push-ups, and sit-and-reach—the overall average score increased from 22.71 in Term 1 to 22.87 in Term 2. - In the report of KPM24, only 67.06% of the students meet the optimal weight range, instead of overweight, the number of underweight students is increasing. - 94.56% students attained bronze level or above, where 45.1% students attained the gold level and 34.7% students achieved the silver level in the fitness award scheme.	$96
2. Expose students to a wide variety of physical activities, develop sports skills and a habit of active participation in physical			
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 experienceactivities or sports competitions organised by sports associations/sports-related groups.	- Over 70% of the students expose to a new kind of sports or take part in the sports experience activities or competition	- According to the year-end survey on physical education lessons and school sports activities, 73% of students participated in the Fun & Fit Friday programme and agreed that they Fun and Fit Friday increase their participation in physical activities. - 79% reported being exposed to new sports through PE lessons and school-organised sports initiatives, with 96% of the students agreed to keep or extend the Fun & Fit Friday programmes.	$11 370.42

3. Develop a habit of active participation in physical activities and foster positive values and attitudes.			
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.	- Over 80% of the participants agree the activities can promote their active participation in physical activities	- The student-teacher Dodgeball Match was held in March 2026, with over 15 teachers, parents, exchange students from local school and student representatives from each class enjoying an exciting match during lunch time. - The Parent-Teacher & Alumni 1500m running race and 4x100m replay race were held at the annual Athletics Meet, over 50 parents, teachers and alumni participating in the events. - The feedback of the activities is positive. 90% of the participants agreed that the activities promoted their active participate in physical activity in the interview.	$0
4. Develop a habit of active participation in physical activities and expose students to a wide variety of physical activities			
1. 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.	- Over 80% of the students agree the activities/ the equipment renewal help them to develop a regular exercise habit	- The Glow Fit Corner has been launched in November 2025, equipped with stationary bikes, stepper and cross trainer. Following the introduction of pickleball during the 'Fun & Fit Friday' promotion, new equipment has been purchased to enable students to remain active through the equipment lending scheme. 80% students agreed that the fitness corner increase their chance to exercise in their leisure time.	$14 763

Financial Report

Particulars	**Income (+)**	**Expenses (-)**	**Balance**
Balance b/d			$74 506
The Learning Fun Online Learning Platform		$96	
Darts promotion		$4 990	
Lion Dance promotion		$2 800	
Pickleball promotion		$3 580.42	
Fitness equipment and installation fee		$14 763	
Balance c/d			$48 276.58