



## Road to Paris Olympic 2024 Challenge cum MVPA60 Award Scheme

### Aims / Objectives

This is to encourage primary and secondary schools students to participate in the captioned challenge cum award scheme.

### Details

2. To further engage students in developing an active and healthy lifestyle, the Education Bureau (EDB) has launched the “Active Students, Active People” (“ASAP”) Campaign to rally the concerted efforts of schools, families and different stakeholders in society for promoting an optimised sports atmosphere in schools and encouraging students to engage in regular exercises as soon as possible.

3. The 33<sup>rd</sup> Olympic Games Paris 2024 (Paris Olympic) will be held from 26 July to 11 August 2024 and it will be followed by the Paralympic Games Paris 2024 from 28 August to 8 September 2024. In response to this major sporting event, the EDB has launched a fun race of “Road to Paris 2024 Olympic Challenge” (Challenge). Leveraging the sports ambience of the Paris Olympic, the Challenge aims to enhance students’ interest in participating in physical activities, help them develop a habit of doing exercise and enhance students’ sense of national identity and national pride through watching the performance of China National Team and Hong Kong, China Team in the Olympic Games. Participating students who complete specified tasks within the period **from 1 July to 25 August 2024 (8 weeks in total)** will receive an individual award under the MVPA60 Award Scheme. Awards will also be given to those participating schools with active participation rate. For details, please refer to Appendix 12a.

4. Interested schools should submit the completed Application Form (Appendix 12b) and return it to Physical Education (PE) Section of the Curriculum Development Institute (CDI) by fax or email **on or before 28 June 2024 (Friday)**.

### Contact Person

5. For enquiries, please contact PE Section, CDI on 2762 2538.

## “Active Students, Active People” Campaign

# Road to Paris Olympic 2024 Challenge cum MVPA60 Award Scheme

### 1. Objectives

- To enhance students’ interest in participating in physical activities and help them develop a habit of doing exercise which is in line with the World Health Organisation’s recommendation that children and adolescents aged 5-17 should accumulate at least an average of 60 minutes daily of moderate- to vigorous-intensity physical activity (MVPA60) across the week.
- To enhance students’ sense of national identity and national pride through watching the performance of China National Team and Hong Kong, China Team in the Olympic Games.

### 2. Categories

Primary School and Secondary School

### 3. Eligibility

All primary and secondary school students

### 4. Challenge Period

1 July (Monday) to 25 August 2024 (Sunday) (A total of 8 weeks)

### 5. Awards

- Individual Challenge Award  
Students attaining the standard as specified will receive gold, silver or bronze level award certificates (electronic certificate). For details, please refer to paragraph 6.
- Group Challenge Awards  
Two awards namely “Road to Paris Olympic Supreme Award” and “Outstanding Participation Award” will be presented to participating schools with active participation rate. The criteria are as follows:

Award	Prize	Criteria
Road to Paris Olympic Supreme Award	Trophy	<ul style="list-style-type: none"> <li>• 50 or more students obtaining gold/ silver/ bronze level award certificates;</li> <li>• Submission of a 1-2 minute video or 5 photos capturing students' watching or sharing of China National Team and Hong Kong, China Team in the Olympic Games; and</li> <li>• Submission of a 1-2 minute video or 5 photos capturing the happy moment of students' participation in the Challenge, sports atmosphere in school, parent-child physical activities, or other special moments, etc.</li> </ul>
Outstanding Participation Award	Certificate	80 or more students participating in the Challenge

## 6. Format and MVPA60 Award Scheme

- Students may choose their venue and take their time to achieve the target as set below during the said period.
- Students can track the number of steps or time via various means, such as watch / fitness watch, mobile apps or any equipment that can record their exercises.
- Students attaining the standard below will receive individual awards under the MVPA60 Award Scheme:

Gold Level	Silver Level	Bronze Level
Watching the performance of China National Team and Hong Kong, China Team in the Olympic Games and read at least one piece of China National Team-related information		
<u>Accumulation of completion in any 40 days</u>  200,000 steps or 1,200 minutes of fitness walking / running / skipping / other physical activities	<u>Accumulation of completion in any 30 days</u>  150,000 steps or 900 minutes of fitness walking / running / skipping / other physical activities	<u>Accumulation of completion in any 20 days</u>  100,000 steps or 600 minutes of fitness walking / running / skipping / other physical activities

## 7. Registration

- Interested schools should complete the Application Form (Appendix 12b) and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email ([cdope3@edb.gov.hk](mailto:cdope3@edb.gov.hk)) **on or before 28 June 2024** for registration prior to the commencement of the Challenge. All the applications will be accepted.
- Relevant information of the Challenge (including learning and teaching resources, summary of record, awards application form, etc.) will be sent to the participating schools via email within 3 working days upon receiving the registration.

## 8. Requirement of Short Video (Applicable to participating schools of “Road to Paris Olympic Supreme Award”)

- The video and photos should be related to the activity, e.g. the happy moment of students’ watching or sharing of China National Team and Hong Kong, China Team in the Olympic Games, etc.
- Formats and requirements of video:
  - The length of the video should be within 2 minutes.
  - The video submitted should be in MP4 format with the resolution of at least 1920×1080 pixels and an aspect ratio of 4:3 or 16:9 horizontally.
- Formats and requirements of photos:
  - The photos submitted should be in JPG or PNG format with recommended resolutions of 8 megapixels or more.
- There is no limitation on the video style.
- Consent from students or parents must be sought if they appear in the video/ photos submitted.
- Video/photos may be used by EDB to promote the ASAP Campaign in the future. Participants have to give their consent to the use of their video/photos for promotion and publicity of the ASAP Campaign. The video/photos may appear on various media, including websites, newspapers, social media, publications, television, radio, etc.

## 9. Submission of the Challenge Record

- Participating schools should complete the Awards Application Form (Appendix 12c) upon verification of students’ record in the Challenge, and submit together with short video/photos (if applicable) to PE Section of the CDI by email ([cdope3@edb.gov.hk](mailto:cdope3@edb.gov.hk)) **on or before 19 September 2024**. Late submissions will not be accepted.
- An acknowledgement will be sent to the school once receiving the Awards Application Form. If the teacher-in-charge did not receive the acknowledgement on or before 2 October 2024, please contact PE Section, CDI at 2760 7794.

## 10. Learning and Teaching Resources

- Learning and teaching resources related to the 33<sup>rd</sup> Olympic Games Paris 2024, as well as the “Challenge Record Sheet” (electronic version) will be provided to the participating schools. Participating schools can re-produce the sample form or design their school-based teaching materials to meet the needs of their students. For details, please refer to Appendix 12d.
- Participating schools can also make good use of the "Physical Activity Logbook" developed by PE Section of the CDI to encourage students to record their daily physical activities level (including this Challenge and other activities), review their time spent on physical activities and reflect on how to improve their fitness level so as to help them develop a habit of doing exercise regularly. Please refer to Appendices 12e for details.



“Physical Activity Logbook”

## 11. Important dates

Date	Events
on or before 28 June 2024 (Fri)	<b>Registration</b> Interested schools should complete the Application Form (Appendix 12b) and return it to PE Section of the CDI by fax (Fax no.: 2761 4291) or email ( <a href="mailto:cdope3@edb.gov.hk">cdope3@edb.gov.hk</a> ).
1 July (Mon) to 25 August 2024 (Sun)	<b>Challenge period</b>
on or before 19 September 2024 (Thu)	<b>Deadline for Submission of the Challenge Record and Short Video/Photos</b> Participating schools should complete the Awards Application Form (Appendix 12c) and submit together with short video/photos (if applicable) to PE Section of the CDI by email ( <a href="mailto:cdope3@edb.gov.hk">cdope3@edb.gov.hk</a> ).
on or before 25 September 2024 (Wed)	<b>Individual Challenge Award</b> After verifying the information submitted by schools, PE Section of the CDI will prepare the e-certificates and email to the teacher-in-charge for dissemination.
on or before 7 October 2024 (Mon)	<b>Group Challenge Award</b> PE Section of the CDI will inform the winning schools by email about the award.

## “Active Students, Active People” Campaign

# Road to Paris Olympic 2024 Challenge cum MVPA60 Award Scheme

### Registration Form

(Return to PE Section of the CDI by fax or email on or before 28 June 2024)

To: PE Section of the CDI

Fax: 2761 4291

Email: [cdope3@edb.gov.hk](mailto:cdope3@edb.gov.hk)

(Please put a “✓” in the appropriate box)

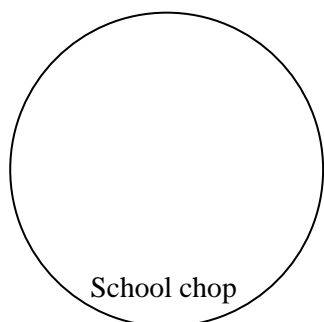
Categories:  Primary School  Secondary School

Name of Teacher-in-charge: \_\_\_\_\_

Email of Teacher-in-charge: \_\_\_\_\_

Intent to Participate:

Proposed Participation in the Challenge	Participate (Please “✓” as appropriate)	Remarks
Individual Challenge		Estimated number of students participation: _____
“Road to Paris Olympic Supreme” Group Challenge		
“Outstanding Participation” Group Challenge		



Signature of Principal: \_\_\_\_\_

Name of Principal: \_\_\_\_\_

Name of School: \_\_\_\_\_

Date: \_\_\_\_\_

Contact Number: \_\_\_\_\_

**“Active Students, Active People” Campaign**

**Road to Paris Olympic 2024 Challenge**  
**cum MVPA60 Award Scheme**

**Awards Application Form**

Participating schools should complete the Awards Application Form and submit together with short video/photos (if applicable) to PE Section of the CDI  
**on or before 18 September 2024 (Wednesday)**

Name of School: \_\_\_\_\_

Name of Principal: \_\_\_\_\_

School Chop:

Signature of Principal: \_\_\_\_\_

Name of  
Teacher-in-charge: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Date: \_\_\_\_\_

Summary result of the above Challenge is submitted as follows:

Number of Awards	Total number of students participation
Gold Level: _____students	<div style="border-bottom: 1px solid black; width: 100%;"></div> <b>students</b>
Silver Level: _____students	
Bronze Level: _____students	
<b>Total number of awards: _____students</b>	

Our school applies for the following Group Challenge Awards: (Please “✓” as appropriate)

Road to Paris Olympic Supreme Award

Outstanding Participation Award

## “Active Students, Active People” Campaign Road to Paris Olympic 2024 Challenge cum MVPA60 Award Scheme


### Learning and Teaching Resources

#### Challenge Record Form

Schools can adopt either the above form, Physical Activity Logbook or other school-based designs for students to record their exercises.


「躍動校園 活力人生」計劃

"Active Students, Active People" Campaign




Name : \_\_\_\_\_


Class : \_\_\_\_\_ ( )



**Gold**



**Silver**



**Bronze**


Accumulation of <b>200,000</b> steps or <b>1,200</b> minutes of fitness walking / running / skipping / other physical activities for any <b>40</b> days	Accumulation of <b>150,000</b> steps or <b>900</b> minutes of fitness walking / running / skipping / other physical activities for any <b>30</b> days	Accumulation of <b>100,000</b> steps or <b>600</b> minutes of fitness walking / running / skipping / other physical activities for any <b>20</b> days
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Period	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days of Completion	Weekly Physical Activity Time	Weekly Step Counts
Week 1	July 1	2	3	4	5	6	7		mins	
Week 2	8	9	10	11	12	13	14		mins	
Week 3	15	16	17	18	19	20	21		mins	
Week 4	22	23	24	25	26	27	28		mins	
Week 5	29	30	31 Aug	1	2	3	4		mins	
Week 6	5	6	7	8	9	10	11		mins	
Week 7	12	13	14	15	16	17	18		mins	
Week 8	19	20	21	22	23	24	25		mins	
<input type="checkbox"/> Watching the performance of China National Team and Hong Kong, China Team in the Olympic Games and read at least one piece of China National Team-related information article (Add ✓)								Total	mins	

### Road to Paris Olympic 2024 Challenge

### cum MVPA60 Award Scheme

Award



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「躍動校園 活力人生」計劃  
 "Active Students, Active People" Campaign



Example



Accumulation of <b>200,000</b> steps or <b>1,200</b> minutes of fitness walking / running / skipping / other physical activities for any <b>40</b> days	Accumulation of <b>150,000</b> steps or <b>900</b> minutes of fitness walking / running / skipping / other physical activities for any <b>30</b> days	Accumulation of <b>100,000</b> steps or <b>600</b> minutes of fitness walking / running / skipping / other physical activities for any <b>20</b> days
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Period	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Days of Completion	Weekly Physical Activity Time	Weekly Step Counts
Week 1	July 1 30	2 20	3 0	4 20	5 50	6 60	7 60	6	240mins	/
Week 2	8 60	9 20	10 60	11 10	12 0	13 0	14 80	5	230mins	/
Week 3	15 30	16 20	17 30	18 30	19 30	20 60	21 10	7	210mins	/
Week 4	22 0	23 10	24 20	25 40	26 60	27 20	28 0	5	150mins	/
Week 5	29 0	30 60	31 30	Aug 1 20	2 80	3 30	4 30	6	250mins	/
Week 6	5 30	6 10	7 0	8 10	9 15	10 60	11 30	6	155mins	/
Week 7	12 10	13 20	14 60	15 20	16 45	17 60	18 30	7	245mins	/
Week 8	19 0	20 10	21 20	22 30	23 60	24 60	25 40	6	220mins	/
<input checked="" type="checkbox"/> Watching the performance of China National Team and Hong Kong, China Team in the Olympic Games and read at least one piece of China National Team-related information article (Add ✓)							<b>Total</b>	48	1700 mins	

Run to Paris Olympic 2024 Challenge  
 cum MVPA60 Award Scheme



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## “Active Students, Active People” Campaign Physical Activity Logbook

Schools can make good use the Physical Activity Logbook (extracts as below) to encourage students in to record their daily physical activities level (including this Challenge and other activities), review their time spent on physical activities and reflect on how to improve their fitness level so as to help them develop a habit of doing exercise regularly.

(Softcopy download: [https://www.edb.gov.hk/attachment/tc/curriculumdevelopment/kla/pe/asap/PA\\_Logbook.pdf](https://www.edb.gov.hk/attachment/tc/curriculumdevelopment/kla/pe/asap/PA_Logbook.pdf))

**躍動校園 活力人生**  
**Active Students, Active People**

**體能活動日誌**  
**Physical Activity Logbook**

Name 姓名: \_\_\_\_\_

Class 班別: \_\_\_\_\_ ( )

School 學校: \_\_\_\_\_

教育局課程發展處  
Curriculum Development Institute  
Education Bureau

### 體能活動例子 Examples of Physical Activities

 原地開合 Jumping jacks 10次times 3組sets	 臀橋 Glute bridge 10次times 3組sets	 空中飛人 Superman stretch 10次times 3組sets
 側彎捲 Side crunch 10次times 3組sets	 捲腹伸腿 Crunch kicks 8次times 3組sets	 跨步 Lunges 8次times 3組sets
 高抬腿 High knees 20次times 3組sets	 深蹲 Squats 8次times 3組sets	 手碰腳踝 Heel touches 10次times 3組sets
 登山者 Mountain climbers 20次times 3組sets	 臥姿抬腿 Lying leg raises 10次times 3組sets	 仰臥上下擺腿 Flutter kicks 20次times 3組sets

\* 學生應因應個人的健康及體能狀況，選擇適合自己的活動強度、時間及次數。  
The intensity, duration and frequency of exercises should be arranged according to students' personal health and fitness conditions.

### 體能活動日誌 Physical Activity Log

世界衛生組織建議，5-17歲兒童及青少年一星期內，累積平均每天最少60分鐘中等至劇烈強度的體能活動。(簡稱MVPA60)  
The World Health Organisation recommends that children and adolescents aged 5-17 years should do at least an average of 60 minutes per day of moderate- to vigorous-intensity physical activity across the week. (i.e. MVPA60)  
請在方格內填寫時間(以分鐘作單位計算) Please fill in the time in each box (in minutes)

年 YEAR	星期一 MON	星期二 TUE	星期三 WED	星期四 THU	星期五 FRI	星期六 SAT	星期日 SUN
日/月 Day/ Month	/	/	/	/	/	/	/
急步行 Brisk Walking	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
行樓梯 Climbing the Stairs	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
伸展活動 Stretching	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
家務 Housework	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
體育課 PE Lesson	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
體能訓練 Fitness Training	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
校隊訓練 Sports Teams Training	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
其他 Others	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
總時間 Total Time	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins	分鐘 mins
達到60分鐘 (Y/N) Attained 60mins (Y/N)							

\* 本星期體能活動總時間: \_\_\_\_\_ 分鐘 (✓ 達標 / 不達標)  
 Total time in Physical Activities across the week: \_\_\_\_\_ minutes (✓ Attained / Failed)  
 \* 達標: 一星期內體能活動時間達420分鐘或以上 (60 x 7 = 420分鐘)  
 \* Attained: Accumulated at least 420 minutes of moderate- to vigorous-intensity physical activities across the week (60 x 7 = 420 minutes)

### 反思 SELF-REFLECTION

你可以以文字、圖畫、相片等不同方式反思自己在這星期的表現，並為下一個月訂立目標。  
You can reflect your weekly performance through various forms such as text, drawings, photos, and set a target for the next month.

達標或暫未達標的原因及感受  
Reasons and feelings for attaining or not attaining the target

欣賞自己的紀錄  
The things that you appreciate yourself

突破自我極限的方法很簡單，就是好好訓練。  
- 蘇炳添(短跑)