



Criteria for Awards



Students may apply for a certificate if they meet the following criteria in terms of amount of physical activities* within any 8 consecutive weeks:

	For Primary and Secondary Schools (Including Schools for Social Development)	For Special Schools (Except Schools for Social Development)
Gold Award	At least 60 minutes on average everyday a week	At least 30 minutes on average everyday a week
Silver Award	At least 60 minutes on average a day, at least 4 days a week	At least 30 minutes on average a day, at least 4 days a week
Bronze Award	At least 60 minutes on average a day, at least 3 days a week	At least 30 minutes on average a day, at least 2 days a week
Notes	<p>1. Students should meet the criteria in at least 6 weeks in the 8-week span;</p> <p>2. The time spent on actual physical activities during physical education lessons under the supervision of a teacher also counts;</p> <p>3. It is recommended that the physical activities be of moderate[^] to vigorous[#]-intensity;</p> <p>4. Each exercise session should last for at least 20 minutes, and the longer the merrier.</p> 	
	<p>1. Students should meet the criteria in at least 6 weeks in the 8-week span;</p> <p>2. The time spent on actual physical activities during physical education lessons under the supervision of a teacher also counts;</p> <p>3. Students should participate in extra-curricular physical activities at least once a week under the supervision of teachers, coaches or family members;</p> <p>4. It is recommended that the physical activities be of moderate[^] to vigorous[#]-intensity, although the duration of active participation is more important than the intensity of physical exercise. Guardian should choose the right type and amount of exercise for student according to their physical conditions;</p> <p>5. Each exercise session should last for at least 20 minutes, and the longer the merrier.</p>	
	<p>* Physical activities include planned physical fitness training and activities, such as housework, stairs climbing, brisk walking during commuting and hiking.</p> <p>[^] Physical activities of moderate intensity should cause</p> <ul style="list-style-type: none"> • sweating, increased heart rate and depth of breathing. • difficulty in communicating in even short sentences or single words. <p>[#] Physical activities of vigorous intensity should cause</p> <ul style="list-style-type: none"> • significant increases in both the breathing and heart rates. • difficulty in responding to others verbally as usual. <p>As recommended by the World Health Organization, children and youth aged 5-17 should do at least 60 minutes of moderate- to vigorous-intensity physical activity on average everyday a week, mostly in the form of aerobic activity. Vigorous-intensity aerobic activity and those intended to strengthen muscles and bones should be performed at least 3 days a week.</p>	

Declaration on Meeting the Target

Final Result:

I have met the target for _____ days a week for _____ weeks in total.
(Students have to meet the target for at least 6 weeks to qualify for the award.)

I declare that I have completed the 8-week sports plan as stated in the Charter and met the requirement for the award of:
(Please put a "√" next to the level achieved)

- Gold**
 Silver
 Bronze

Signature of Student: _____ Date: _____
 Signature of Certifying Person: _____ Date: _____
 Signature of Teacher-in-charge: _____ Date: _____

Organised by



Co-organised by
Education Bureau
Supported by
Department of Health



sportACT Award Scheme



Personal Particulars

Name of Student: _____ Sex: _____ Male / Female
 Date of Birth: ____ / ____ / ____ (DD/MM/YY) Class: _____
 Name of School: _____ Student no.: _____

Students of primary, secondary and special day schools may enroll in the scheme through their schools.

Student Charter

I hereby pledge that I will participate in the "sportACT Award Scheme" organised by the Leisure and Cultural Services Department and co-organised by the Education Bureau. I will exert myself to do more exercise. With the Gold/Silver/Bronze Award as my goal, I will work out according to the criteria in terms of exercise frequency and amount during the eight weeks between ____ / ____ / ____ (DD/MM/YY) and ____ / ____ / ____ (DD/MM/YY) so as to meet the requirement for the relevant award.

Signature of Student: _____ Signature of Witness: _____
 (The witness should be one of the certifying persons listed below.)

Date: _____ Date: _____

Particulars of certifying person(s)

(There should be a minimum of 1 and a maximum of 4 certifying persons.)

Certifying person	Name	Relationship with student (e.g. parent, teacher, coach, etc.)	Specimen signature
1			
2			
3			
4			

Declaration on Participation of the Scheme

(To be signed by a parent/guardian or an authorised person of applicants aged below 18)

I hereby declare that I agree that _____ (name of student) will participate in the "sportACT Award Scheme" in the _____ year, and that he/she is healthy, physically fit and suitable for the activities.
 Name of Parent/Guardian or Authorised Person: _____
 Signature: _____ Date: _____



sportACT Award Scheme – Student’s Sports Diary



Please put a “√” in the box next to the activity of moderate intensity or above you have done for a continuous 20 minutes.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Total	
1	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Number of days in the week with the target met: _____ days Certified by: _____
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Item	A Extra-curricular physical activities after school	B Activities at home	C Activities at school	D Physical activities
Examples	<ul style="list-style-type: none"> ● Badminton course ● Swimming ● Playing Tennis ● Others (Please specify) 	<ul style="list-style-type: none"> ● Housework ● Fitness activities ● Rope skipping ● Others (Please specify) 	<ul style="list-style-type: none"> ● Exercise at recess ● Exercise at lunch break ● Morning exercise ● Physical education lesson ● Others (Please specify) 	<ul style="list-style-type: none"> ● Brisk walking during commuting ● Stairs climbing ● Hiking ● Biking ● Others (Please specify)



sportACT Award Scheme – Student’s Sports Diary



Please put a “√” in the box next to the activity of moderate intensity or above you have done for a continuous 20 minutes.

Week	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Weekly Total	
5	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Number of days in the week with the target met: _____ days Certified by: _____
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6	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Item : <input type="checkbox"/> A+ <input type="checkbox"/> B+ <input type="checkbox"/> C+ <input type="checkbox"/> D= _____ min	Number of days in the week with the target met: _____ days Certified by: _____
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