

Lam Tai Fai College
Plan and Report for the use of
One-off Grant for Promotion of a Sports Ambience and MVPA60 in Schools

Background

One-off Grant of \$150,000 was given by the government to promote a sports ambience and enhance the MVPA60 initiative through the integration of STEM (Science, Technology, Engineering, and Mathematics) in Physical Education (PE). The grant can be deployed by the end of the 2026/27 school year to organize relevant activities and programmes

Objectives

1. **Promote Active Lifestyles:** Encourage students to achieve the World Health Organization's MVPA60 recommendations.
2. **Integrate STEM in PE:** Use STEM concepts to enhance understanding of physical fitness, sports science, and health.
3. **Foster Lifelong Skills:** Develop critical thinking and problem-solving skills through innovative PE activities.

Programme Implementation

1. Development of STEM-Focused Sports Programs

- **Activities:** Create programs that incorporate STEM principles, such as biomechanics in sports, data analysis of fitness activities, and the engineering of sports equipment.
- **Target Audience:** All students.
- **Expected Outcomes:** Enhanced engagement in physical activities and improved understanding of the science behind them.

2. Implementation of a Digital Activity Tracking System

- **Description:** Develop or procure a mobile application that allows students to track their physical activity, analyze performance data, and understand health metrics such as heart rate and calories burned.
- **Target Audience:** All students.
- **Expected Outcomes:** Improved data literacy and motivation to achieve MVPA60 targets.

3. Sports Workshops and Fun Day

- **Description:** Organize workshops where students can participate in self-initiated sports activities with the use of AI applications.
- **Target Audience:** All students or students studying DSEPE.
- **Expected Outcomes:** Students are interested in participating in sports activities.

4. Sports Exchange Tour

- **Description:** Organize sports exchange tour to enrich student experience in sports.
- **Target Audience:** Sports team students.
- **Expected Outcomes:** Students are interested in participating in sports activities.

Budget Overview

Item	Cost Estimation	Actual Expenses
To develop or procure PE-/sports-related IT services, mobile applications and related software, as well as PE-/sports-related activity kits and supporting tools	\$45,000	\$49,000
To organise or subsidise students' participation in diversified PE-/sports-related learning activities/ competitions	\$5,000	\$4,500
To organise or subsidise the participation of students, teachers and coaches in PE-/sports-related exchange activities/study visits in the Mainland/overseas	\$45,000	\$45,000
To organise sports-related activities involving the participation of various school stakeholders, including teachers and parents, with the students	\$50,000	
To purchase or upgrade PE/sports equipment in the school	\$5,000	
To develop/enhance the policy on the development of an active and healthy school campus/MVPA60	/	
To hire additional non-teaching staff/qualified coaches or procure services to assist in promoting sports ambience and MVPA60 in the school	/	
Total:	\$150,000	

Implementation Timeline

Phase	Timeline
Sports Exchange Tour	September 2024 – August 2025
STEM in PE (Sports Week)	April -May 2025
Fitness Session	September - October 2025
Implement Digital Tracking System	October - December 2025
Procurement of sports equipment	January 2026
Monitoring and Evaluation	September 2024 - June 2027
Final Reporting	June 2027

Programme Evaluation

1. Sports Exchange tour

- 6 Sports Tours with 127 sports team students were subsidized for joining the exchange tours in Taiwan and Mainland China.

2. Development of STEM-Focused Sports Programs

- **High Student Engagement:** All S1 to S5 students engaged in the fitness activities during the Life-wide learning sessions during Sports Week in May 2025.
- **Student Leader Development:** DSEPE students were trained to be sports ambassadors to operate the fitness programme. Some of the stood out to be leaders with good communication skills

3. Implementation of Fitness learning and challenges

- **Fitness learning:** Fitness workshops were given to S5 students and S4 DSEPE students in September 2025 which aimed to develop their initiatives in fitness building
- **Fitness challenges:** High achievers were invited to join the inter-school fitness competitions held in November 2025.

Conclusion

The proposed plan leverages the One-off Grant to enhance the sports engagement and promote MVPA60 in schools through innovative STEM integration. This initiative aims to cultivate a generation of students who are not only physically active but also equipped with essential STEM skills that will benefit them in their academic and personal lives.

Choi Tsz Leong
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