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 department's direction aligns well with this emphasis by combining increased participation opportunities with digital tracking, STEM learning and structured school sport.

Strategic intent: move from "organising sports activities" to an evidence-informed whole-school sports culture in which students participate, understand performance, take leadership roles, and experience professional standards in sport and event management.

Objectives

Promote Active Lifestyles: Encourage students to achieve the World Health Organization's MVPA60 recommendations.

Integrate STEM in PE: Use STEM concepts to enhance understanding of physical fitness, sports science, and health.

Foster Lifelong Skills: Develop critical thinking and problem-solving skills through innovative PE activities.

Objective	Enhanced Departmental Focus
Promote active lifestyles	Increase opportunities and motivation for students to engage regularly in moderate-to-vigorous physical activity.
Integrate STEM in PE	Connect biomechanics, fitness data, technology and problem-solving with authentic physical activity.
Professionalize school sport	Use digital competition-management systems to strengthen event administration, records and the participant experience.
Develop student agency	Train DSEPE students and sports ambassadors in leadership, data interpretation, fitness delivery and event support.
Build evidence for improvement	Use participation, activity and program data to support evaluation, reporting and future planning.

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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, analyse 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.

5. STEM In PE Devices and Application

The department has additionally introduced the e-Class Athletics Meet and Aquatic Meet competition systems, CMHK STEM-in-PE machines, and the VTC Skills Passport (STEM in PE).

A. MVPA60 and Active Campus: Embed physical-activity opportunities across PE, Sports Week, fitness sessions, challenges and co-curricular sport. The emphasis should be sustained participation and habit formation rather than one-off exposure.
B. Digital Competition Management: e-Class Athletics & Aquatic Meet: The newly purchased e-Class Athletics Meet and Aquatic Meet competition systems can serve as core infrastructure for professionally managed school competitions. Their strategic value is to support a more

systematic competition workflow and strengthen the visibility of sport across the school. For future evaluation, the department should document the actual modules used, staff/student workflow, event records generated and observable efficiency gains.

C. CMHK STEM in PE Machines: Use the CMHK STEM-in-PE machines as authentic learning stations where students connect physical performance with measurable data and sports-science concepts. Activities can be embedded in PE, Sports Week and DSEPE enrichment, with students interpreting results and setting improvement goals.
D. VTC Skills Passport (STEM in PE): Position the VTC Skills Passport as a student learning-evidence pathway within STEM in PE. The department can use it to recognise completed learning tasks, practical experiences and demonstrated skills, subject to the functions and assessment arrangements actually adopted by the school.
E. Sports Exchange and Athlete Development: Continue using exchange experiences to broaden sports-team students' exposure, strengthen team culture and connect school sport with wider sporting environments. Reflection tasks and student sharing can help transfer learning back to the wider school community.

Progress to Date

Area	Implementation / Evidence Reported	Development Significance
Sports exchange	6 tours; 127 sports-team students; Taiwan and Mainland China.	Broadens athlete exposure and supports sports-team development.
Sports Week: STEM-focused fitness	All S1-S5 students engaged in fitness activities during Life-wide Learning sessions in May 2025.	Provides a whole-school platform for active participation and STEM-in-PE.
Student leadership	DSEPE students trained as sports ambassadors to operate the fitness programme.	Builds communication, leadership and practical delivery experience.
Fitness learning	Workshops delivered to S5 and S4 DSEPE students in September 2025.	Supports fitness knowledge and student initiative.
Fitness challenges	High achievers invited to inter-school fitness competitions in November 2025.	Creates progression from learning to challenge and competition.
Digital sports infrastructure	e-Class Athletics Meet and Aquatic Meet systems purchased.	Supports the department's direction toward professional, digital competition management.
STEM-in-PE infrastructure	CMHK STEM-in-PE machines launched; VTC Skills Passport (STEM in PE) launched.	Creates a platform for technology-enabled sports learning and evidence of skills.

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Budget

Grant Deployment Area	Estimated	Actual Reported	Status / Note
PE/sports IT services, apps, kits and supporting tools	$45,000	$49,000	Actual exceeds original estimate by $4,000.
Diversified PE/sports learning activities & competitions	$5,000	$4,500	VTC STEM In PE, Reported expenditure.
Mainland/overseas exchange activities/study visits	$45,000	$45,000	Reported expenditure.
Stakeholder sports activities	$50,000	$43,500	e-Class Athletics Meet and Aquatic Meet systems purchased.
PE/sports equipment	$5,000	$8,000	Sports Team Equipment.
Total	$150,000	$150,000	Remaining actual figures should be reconciled before final submission.

Timeline and Milestones

Milestone	Timing in Original Report	Position
Sports Exchange Tour	Sep 2024 - Aug 2025	Reported completed: 6 tours / 127 students
STEM in PE / Sports Week	Apr-May 2025	Reported implemented in May 2025
Fitness Session	Sep-Oct 2025	Reported workshops in Sep 2025
Digital Tracking System	Oct-Dec 2025	Original planned milestone; document does not report completion status
Sports Equipment Procurement	Jan 2026	Original planned milestone; update evidence/status
Monitoring and Evaluation	Sep 2024 - Jun 2027	Ongoing
Final Reporting	Jun 2027	Planned

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Proposed KPI and Evidence Framework

Domain	Suggested KPI	Evidence Source	Reporting Cycle
Participation	% of students participating in targeted school physical-activity programmes	Attendance / enrolment records	Termly
MVPA60	Student engagement with MVPA60-related activities or award participation	Programme / activity records	Termly
Competition	Entries, event completion, timing/result records and operational issues	e-Class meet system reports and event logs	After each meet
STEM in PE	Students completing defined STEM-in-PE learning tasks	PE task records / machine-generated evidence where available	Each module
Skills recognition	Completion of adopted Skills Passport learning evidence	VTC Skills Passport records used by school	Termly
Leadership	DSEPE/sports ambassadors trained and duties completed	Training and duty records	Each programme
Student voice	Perceived engagement, learning and confidence	Short student survey / reflection	Post-programme

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.