

學校體適能獎勵計劃  
School Physical Fitness Award Schemes



Primary School  
小學

Jointly organized by 合辦機構:



香港兒童健康基金

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Hong Kong Childhealth Foundation  
and  
Education Department  
教育署



教育署

Sponsored by 贊助:

Hong Kong Childhealth Foundation's Park N Shop Fund - to promote Physical Fitness in Primary School Children with HK\$1,000,000.00 (interest from Fund is used to operate the Scheme) 百佳捐港幣一百萬作為基金, 只可用賺取的利息



Launched in 開始年份: 1990

Eligible Schools: All primary day schools in Hong Kong 全港日校小學

Physical Fitness Tests 體適能測量方法:-

1. Triceps Skinfold 三頭肌皮摺厚度
2. 1-min Sit-ups 一分鐘仰臥起坐
3. Sit & Reach 坐地前伸
4. Handgrip Strength 手握力測試
5. 6 / 9-min Run / Walk 六 / 九分鐘耐力跑 / 行

Cumulative Figures of Participation by 1999 累積參與數目:

250 primary schools(小學)  
143,690 student / years (143,690學生人次)

Equipment 器材:

3 years on loan from Hong Kong Childhealth Foundation 借用3年  
1. Sit & Reach Box 坐地前伸木箱  
2. Handgrip 手握力計  
3. Skinfold Calipers 皮摺厚度計

Student Awards:

Gold, Silver, Bronze medals 金, 銀, 銅章

School Awards:

Progressive School Award 學校進步獎  
School Achievement Award 學校成就獎

Other School Benefit:

School Sports Grant 運動器材補助金  
Free students' handbook 學生手冊

Free Schoolteam Account offered by Cable & Wireless HKT  
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