

Report on the Usage of One-off Grant for Promotion of a Sports Ambience and MVPA60 in Schools 2023-2024

Name of School: St. Paul's Convent School

School Code: 514217

School Year: 2023-2024

MVPA60 Grant (2023/24): \$150,000.00

Total Expenditure: \$3,000.00

Balance: \$147,000.00

Task Area	Major Area(s) of Concern	Strategies/Tasks	Benefits Anticipated	Time Scale	Resources spent	Evaluation Results	Method(s) of Evaluation	Person In-charge
Post-examination Activities	To promote sports and exercise to improve physical and mental wellness via Touch Rugby games and Yoga class	On 19 and 20 June 2024, the school collaborated with the InspiringHK Sports Foundation to host the SPORTS CHAT! School Workshop for 118 F.4 students. The workshop aimed to enhance physical fitness and nurture essential life skills. Students participated in a game of Touch Rugby to develop teamwork and strategic thinking, followed by Yoga to improve flexibility and focus. These activities not only boosted fitness but also fostered resilience, communication, and cooperation, aligning with the Education Bureau's guidance on promoting physical activity in schools.	Students will improve their physical fitness through engaging activities like Touch Rugby and Yoga, which promote cardiovascular health, strength, and flexibility. Additionally, students will develop essential skills such as teamwork, communication, strategic thinking, and resilience through collaborative sports activities. The Yoga sessions specifically contribute to mental well-being by encouraging relaxation and focus. Furthermore, the workshop provides	We have organized a 2-day program on 19-20 June 2024 for all F.4 students to participate in during the post-examination period.	\$3,000.00	Students demonstrated significant improvement in physical fitness levels, with increased endurance and strength noted after the activities. Feedback from student indicated a high level of engagement and enjoyment, with many students expressing appreciation for the opportunity to learn and practise new skills in Touch Rugby and Yoga. Additionally, many students reported enhanced teamwork and communication skills, reflecting the positive	Feedback from participants	Mrs. M. Iu

			<p>opportunities for social interaction, helping students build relationships and foster a sense of commitment. Students will also learn valuable life skills, including discipline and sportsmanship, which can positively influence their behaviours. Ultimately, the program promotes healthy habits and encourages an active lifestyle, aligning with the Education Bureau's initiatives to support physical education and contribute to students' overall development.</p>			<p>impact of collaborative drills. The Yoga sessions contributed to greater mental well-being, with participants noting improved focus and reduced stress levels. Overall, the program successfully meets its goals of promoting physical health, fostering essential life skills, and creating a supportive community among students.</p>	
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