



Physical Education

benefits and motivation

The majority of secondary students polled enjoy PE and admit that exercise is good for them. Nevertheless, over half do no sports-related extra-curricular activities. What stops them?



Teenagers in general are often unwilling to take exercise and Hong Kong's hot, humid summer weather can be a disincentive. About 60% of the teens polled in this survey took high-intensity exercise – enough to raise breathing and heart rates significantly – once or twice a week on average whereas 76% took some form of moderate to vigorous exercise, such as stair-climbing, daily. Nevertheless, this survey found that 81.6% enjoyed their PE (physical education) lessons and nearly 42% thought it was good for stress-relief and 31.3% wanted longer PE lessons. Another significant finding was that only 49.5% took part in sport outside school hours or off school premises.

Comments

Sharing well-equipped government, school and club sports facilities would give a beneficial boost to young people's interest in sport, and longer PE lessons, of 100-120 minutes rather than the current 90 minutes, would be welcomed by students.

Alan Yip Group member “The research reveals that students like PE and want longer lessons so I suggest that the Education Bureau increases the recommended time allocated in the timetable.”

Derrick Fan Group member “Cooperation between government venues, schools and clubs would enable more sports participation given that many students have no suitably equipped facilities available to them.”

According to the findings of a Hong Kong Sports Commission report,* the US Indicators from the Center for Disease Control/US Department of Health and Human Services state that 13-19 year-olds should engage in physical activity at least three days a week for at least 20 minutes at moderate to vigorous intensity. The report's recommendations also included more organized activities for joint participation of parents and children and more team-based activities for youngsters. This is in line with the Federation's ongoing Community Team Sports (CTS) initiative, which encourages youngsters to participate in and organize sports-related community activities and volunteer projects. CTS also offers basic training with overnight camps, leadership camps and overseas exchange. Five team sports – basketball, ice hockey, canoeing, rope skipping and team running – are included. The 3-year project has funding from The Hong Kong Jockey Club Charities Trust and promotes not only physical and mental wellbeing through healthy exertion but also the improvement of physical skills and teamwork.

More details cts.hkfyg.org.hk

*sportscommission.hk/doc/archive/eng/papers/msec_sport4_2009sc9Study_annex1_e.pdf

Report No. 16 HKFYG Youth I.D.E.A.S.

Group

Education & Innovation group

Published title: “Attitude of Secondary Students on Physical Education”

520 Secondary 1-6 students took part in a territory-wide random telephone poll in October and November 2016. 42 students were invited to join five focus group interviews. Five academics, experts and athletes were also interviewed.

Full details [in Chinese] yrc.hkfyg.org.hk/news.aspx?id=7c5a61de-3d10-45fd-95e5-b0e38599663c&corpname=yrc&i=9587&locale=zh-HK