

Wah Yan College Kowloon

Active and Healthy School Campus Policy

1. Background

Wah Yan College Kowloon is located at 56 Waterloo Road, Kowloon. Our school was started in 1924 and aided boys school with around 950 students. There are 30 classes.

“We offer a holistic, liberating and transforming Catholic education within a learning community for students and staff to become progressively competent, committed, compassionate, spiritual, and ethically discerning persons with a universal heart contributing to the welfare and happiness of all, in particular the poor and the neglected.”

The school has an artificial football field, a 3-lane 150m track with a long jump sandpit, one 25m swimming pool with 8 lanes, one ground football field, two basketball courts and 4 tennis courts.

The School offers all-rounded sport development opportunities to students, including 23 sports participating in Inter-school competitions. Some of these sports are uncommon choices, such as ice hockey, baseball and water polo. It has been the School's long and insistent effort to promote regular sports and healthy lifestyle.

2. Methods and Activities :

PE curriculum

6 Strands

Senior Form

- Eight-trigram Palm (Ba Duanjin)
- Tai Chi 24 Simplified
- Baseball

Junior Form

- Baseball
- Rugby

Physical Fitness

1 Min push up, 1 Min sit up, sit & reach, 9 Min Run

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ECA

1.Inter House Competition

Sports Day

Swimming Gala

Football, Chess, Dodgebee, Dodge ball

2.Inter Class Competition

Li Chi Ling Memorial Cup, Basketball, Table Tennis, Badminton

3.School Team (23 Sports) 19-20

Athletics

Swimming

Football

Tennis

Table Tennis

Basketball

Volleyball

Beach Volleyball

Badminton

Cross-country

Ice Hockey

Water Polo

Chess

Chinese Chess

Orienteering

Hockey

Baseball

Fencing

Life saving

Indoor cycling

Gymnastics

Squash

Snooker

Some sports teams (Athletics, Swimming, Table Tennis, Badminton, and Volleyball) will have oversea or local training camp.

We recruit 16 coaches to teach our sports team.

Around 400 Students join the School Team with regular training and over 700 students

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participate into the sports competition organized by the school.

PSA

Wah Yan League (Mainly Saturday and Sunday Afternoon)



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Standard chartered Marathon (Training workshop)



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Long Distance Run Program (Saturday Morning)



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Round Campus Run



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60 minutes of Moderate to Vigorous Physical Activities (MVPA 60)

Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
PE Lesson	1 Double Lesson per Week, 35 Minutes per Lesson					
Before Lesson Started	Morning Jogging (20 Min), Gym exercises (20 Min), Table Tennis (20 Min), Football (20 Min), Basketball (20 Min)					
Recess	Gym exercises (10 Min), Table Tennis (10 Min), Football (10 Min), Basketball (10 Min), Volleyball (10 Min)					
Lunch	Gym exercises (30 Min), Table Tennis (30 Min), Football (30 Min), Basketball (30 Min), Volleyball (30 Min), Swimming (50 Min)					
School Team	Lifesaving (50 Min)	Swimming (50 Min)	Water polo (50 Min)	Swimming (50 Min)		
After School	Gym exercises (30 Min), Table Tennis (30 Min), Football (30 Min), Basketball (30 Min), Volleyball (30 Min)					
School Team	Athletics (120Min), Volleyball (120 Min), Badminton (150 Min), Orienteering (120 Min)	Athletics (120Min), Table Tennis (150 Min), Basketball (120 Min), Volleyball (120 Min), Cross-country (120 Min), Hockey (120 Min), Ice Hockey (90 Min), Chess (120 Min)	Athletics (120Min), Football (120 Min), Basketball (120 Min), Cross-country (120 Min), Ice Hockey (90 Min), Chinese Chess (120 Min)	Athletics (120Min), Tennis (120 Min), Basketball (120 Min), Volleyball (120 Min), Badminton (150 Min), Baseball (120 Min)	Athletics (120Min), Football (120 Min), Table Tennis (150 Min), Cross-country (120 Min), Hockey (120 Min), Indoor cycling (120 Min), Beach Volleyball (120 Min)	Tennis (120 Min), Water polo (120 Min), Chess (120 Min)

Wah Yan College Kowloon

Interested Club		Karate (120 Min), Taekwondo (120 Min)
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