

Creating a Sporting Culture

Learning for Life Programme

SPORTS A.L.I.V.E!

SPORTS, Active Living & Values Education



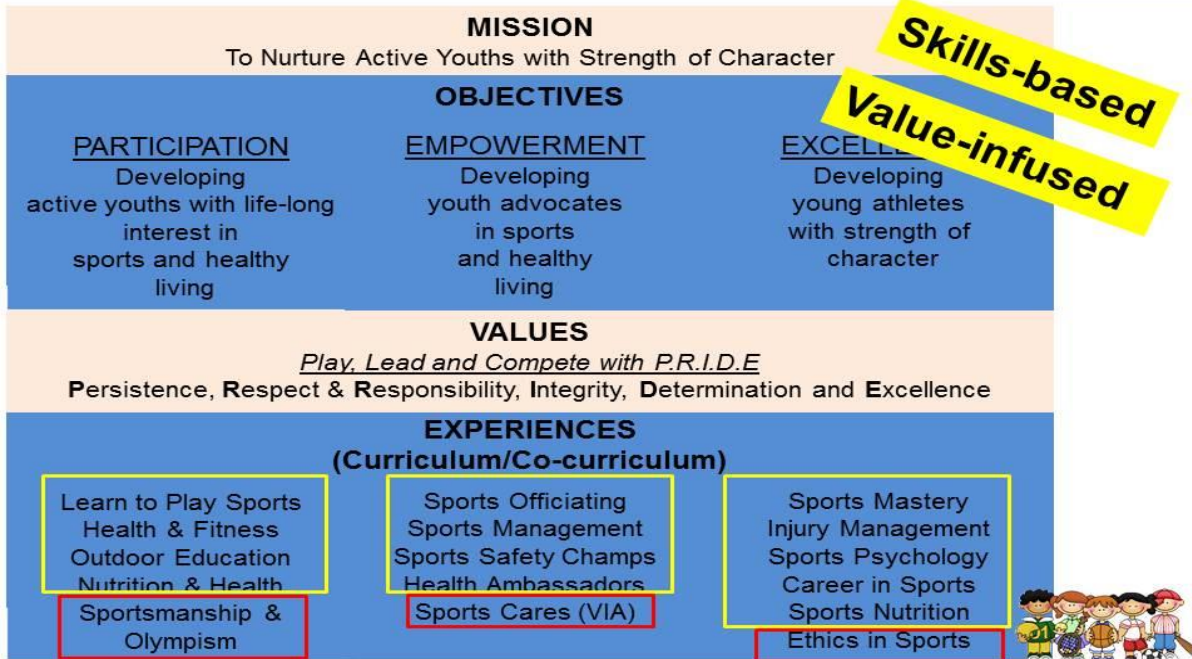
Hong Kah Secondary School
 Mission : Nurturing World-Ready Youths



SPORTS A.L.I.V.E! SPORTS, ACTIVE LIVING & VALUES EDUCATION

The Learning For Life (LLP) programme seeks to develop active youths with knowledge, skills and competencies required to lead and promote a healthy lifestyle. It hopes to develop resilient youths who are able to work effectively in teams within their social environment. For students who have the talent and aptitude for sports, it hopes to further their interest in sports and/or sports-related industry and develop talents in sports.

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**Skills-based
Value-infused**



HONG KAH'S 3-TIERED APPROACH IN THE LLP

Tier 1: Sports Participation

The aim is to encourage all students to develop life-long interest in sports and healthy pursuits by leveraging on existing school programmes.

- **Physical Education and CCA**

Leveraging on the PE programme to expose students to a variety of sports and provide opportunities for acquisition of skills, competencies, knowledge and values.

- **Science, Nutrition and Food Studies**

Collaboration with the Science and NFS subjects to acquire knowledge in making informed choices about health and nutrition for healthy living.

- **Character and Citizenship Education**

Activities under the LLP are focused on the P.R.I.D.E values which are aligned to the school's values. Habits of Mind and the Growth Mindset are incorporated into the design of learning experiences to act as a scaffold. Values and social-emotional competencies are taught explicitly and/or by using teachable moments. Reflection is done regularly through circle time to consolidate the learning.

Tier 2: Sports Empowerment

The aim is to encourage students to take the lead in advocating sports participation and healthy living.

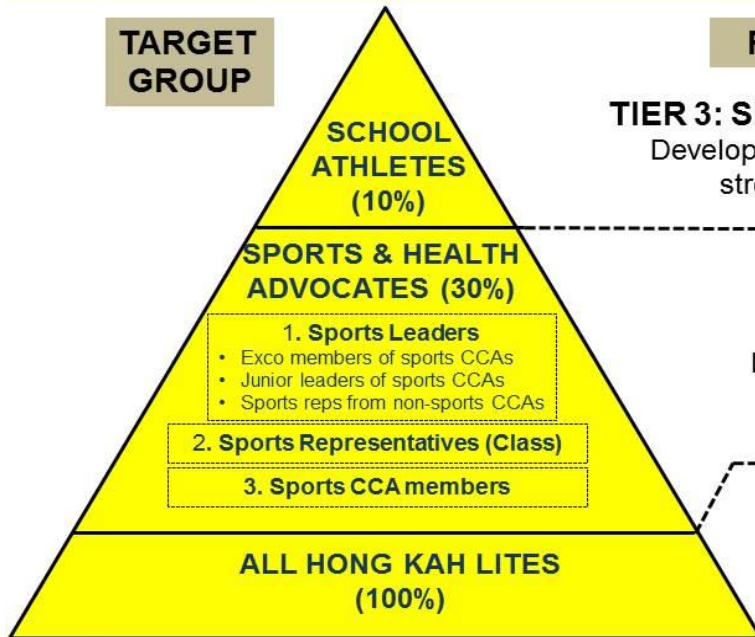
- Leveraging on existing student leadership structures and training programmes under the Student Leadership Committee.
- Providing opportunities for sports leaders to
 - learn by doing using school/level-wide sports events,
 - promote health and fitness within the school and community,
 - acquire industry-related skills, knowledge and career prospects

Tier 3: Sports Excellence

The aim is to nurture talented student-athletes to develop values and competencies necessary for them to realise their potential in sports.

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TARGET GROUP



FOCUS AREA

TIER 3: SPORTS EXCELLENCE

Developing young athletes with strength of character

TIER 2: SPORTS EMPOWERMENT

Developing youth advocates in sports & healthy living

TIER 1: SPORTS PARTICIPATION

Developing active youths with life-long interest in sports & healthy living



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