

PAOC Ka Chi Secondary School
加拿大神召會嘉智中學
School Circular No. 39 (2020-2021)
家長通告第三十九號 (2020 至 2021 年度)
【KC Sports Challenge Online】
【線上 KC 運動會】

19 March 2021

Dear Parents,

To encourage "Kachians" (All students, all staff members, parents & alumni) to exercise regularly under the epidemic, our school has set up a three-month KC Sports Challenge Online. This online challenge encourages you to break through the boundaries of the environment, build a healthy lifestyle, and promote physical and mental health. The details are as follows:

1. Purposes of the challenge

- (a) develop a healthy lifestyle and boost physical strength
- (b) make use of the space to develop a habit of exercising regularly
- (c) enhance the sense of belonging towards school and develop the team spirit
- (d) unearth their talents and unleash their potential

2. Categories

- (a) F.1 & 2 (Boys / Girls)
- (b) F.3 (Boys / Girls)
- (c) F.4 & 5 (Boys / Girls)
- (d) Open (Boys / Girls) (Form 6, all staff members, parents and alumni)

3. Challenge period

1 April 2021- 30 June 2021

4. Details

There are 3 groups of sports challenges: Technique, Basic and Challenge Groups :

- (a) Technique Group - Techniques and fitness
 - (b) Basic Group - Simple fitness exercises which do not take up much space
 - (c) Challenge Group - Exercises which require better fitness
- (For the requirements and rules, please read the Rules of Challenge)

5. How to join

Scan the QR code / Enter our school website

<https://forms.gle/Z38RTKa23dwNxEee6>



6. Assessment

- (a) Participants can record their performances with photos and videos, using Google Form to upload the data. The results will be assessed by teachers and released on the school website.
- (b) The results will be renewed once a week till the end of the challenge.
- (c) Technique and Challenge Groups - Participants can only upload one record once a week for each item they have joined. They must upload the record at or before 23:00 on every Sunday.
- (d) Basic Group - Participants can only upload the record once for the activity they have joined every day. They must upload the record at or before 23:00. Participants can only upload one set of Tabata each day.

7. Awards / Prizes

- (a) Individual Award - Champion, First Runner-up and Second Runner-up for both boys and girls in each category (Medals)

Technique & Challenge Groups	F.1 & 2	Boys/ Girls	For every category Champion, First runner-up and Second runner-up
	F.3		
	F.4 & 5		
	Open		

Basic Group	F.1 & 2	Boys/ Girls	Total participation rate Champion, First runner-up and Second runner-up
	F.3		
	F.4 & 5		
	Open		

- (b) Team Award - Champion for F.1, 2, 3, 4 & 5 (Certificates & Prizes)

- (c) All-rounded Award - F.1, 2, 3, 4, 5 & Open (Cups)

8. How to score

- (a) For every single activity record you have uploaded, you gain “one point” for the participation score.
- (b) If you are among the top ten in any activity, you can gain extra point and the scale is shown below:

Ranking	1	2	3	4	5	6	7	8	9	10
Points	12	10	9	8	7	6	5	4	3	2

- (c) After the challenge, the sum of the points will be the result of each individual.
- (d) Team Award will be given to the class with the highest average points.
- (e) All-rounded Award will be given to the participant who joins all three categories (Technique, Basic and Challenge Groups) and gains the highest points.

9. Extra points

- (a) Individual

- (i) If students can complete the specified requirements every day in the basic group items, they can get extra points. The points will be directly added to the individual score of students, and the specified requirements are as follows:
- 1 point will be added for completing 3 basic group items every day and uploading their scores.
 - 2 points will be added for completing 4 basic group items every day and uploading the scores.
 - 3 points will be added for completing 5 basic group items and uploading scores every day.
 - 5 points will be added for completing 6 basic group items and uploading scores every day.

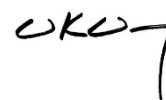
- (b) Inter-class

- (ii) If the designated items are completed, the class will get extra points. The points will be directly added to the class. The specified requirements are as follows:
- When 30% of the students in the class have participated in activities and uploaded their scores, 3 points will be added.
 - When 50% of the students in the class have participated in activities and uploaded their scores, 5 points will be added.
 - When 70% of the students in the class have participated in activities and uploaded their scores, 7 points will be added.
 - When all students in the class have participated in the activity and uploaded their scores, 15 points will be added.

10. Details of the event

Categories	Activities	F.1 & 2		F.3		F.4 & 5		Open F.6, staff members, parents & alumni	
		Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
Technique Group	**Basketball 5 mins shoots (Free throw line)	Due to the epidemic situation, outdoor events will not be held until further notice.							
	Football 5 mins Trapping the ball	✓	✓	✓	✓	✓	✓	✓	✓
	Skipping 1 min front double under	✓	✓	✓	✓	✓	✓	✓	✓
	**3K Run	Due to the epidemic situation, outdoor events will not be held until further notice.							
	Plank (Non-stop)	✓	✓	✓	✓	✓	✓	✓	✓
Basic Group	2 mins Skipping	✓	✓	✓	✓	✓	✓	✓	✓
	**3K Run	Due to the epidemic situation, outdoor events will not be held until further notice.							
	Tabata 1	✓	✓	✓	✓	✓	✓	✓	✓
	Tabata 2	✓	✓	✓	✓	✓	✓	✓	✓
	Tabata 3	✓	✓	✓	✓	✓	✓	✓	✓
	1 min Plank	✓	✓	✓	✓	✓	✓	✓	✓
Challenge Group	**5K Run	Due to the epidemic situation, outdoor events will not be held until further notice.							
	**10K Run								
	**Castle Peak Hike								

Yours faithfully,



Principal Wong Wai Keung

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敬啟者：

為鼓勵「嘉智人」（全校學生、本校教職員、家長及校友）在疫情下恆常運動，本校特設為期三個月的線上 KC 運動會。是次線上比賽鼓勵各位打破環境所限，建立健康生活，促進身心健康。計劃詳情如下：

1. 活動目的

- (a) 建立健康生活，提升身體質素
- (b) 善用生活空間，建立運動習慣
- (c) 提升對學校的歸屬感和團隊精神
- (d) 一展所長，發掘潛能

2. 活動分組

- (a) 中一、二級（男、女子組）
- (b) 中三級（男、女子組）
- (c) 中四、五級（男、女子組）
- (d) 公開組（男、女子組）（中六、本校教職員、家長及校友）

3. 活動時間

2021 年 4 月 1 日至 2021 年 6 月 30 日

4. 活動內容

分為競技組別、常規組別及挑戰組別三個不同類別的體育競技比賽：

- (a) 競技組別 - 項目主要為技能和體能運動
- (b) 常規組別 - 項目主要為一些簡單的體能運動，所需運動空間相對較細
- (c) 挑戰組別 - 項目主要是一些對體能要求較大的運動

各項項目要求及比賽細則，請見附件 - 比賽章則。

5. 參加方法

以 QR code / 登入本校網頁，上載運動影片及相片

<https://forms.gle/Z38RTKa23dwNxEee6>



6. 評審方法

- (a) 參加者將運動過程透過影片及相片記錄，以 Google form 上載呈交，經負責老師審核確認後，將於學校網頁公佈成績。
- (b) 成績將每星期更新一次，直至活動完結。
- (c) 競技組別、挑戰組別 - 每名參加者每個參與項目，每星期只可上傳一次；每星期日 23:00 為每週上載之截數日。

- (d) 常規組別 - 每名參加者每個參與項目，每日只可上傳一次；每日 23：00 為上傳截數時間。
每組 Tabata 動作每日只可上傳一次。

7. 獎項 / 獎品

- (a) 個人獎 - 各設男、女子冠、亞、季軍乙名 (獎牌乙枚)

競技組別 挑戰組別	中一、二級	男、女	每單項總成績 冠、亞、季軍乙名
	中三級		
	中四、五級		
	公開組		

常規組別	中一、二級	男、女	活動總次數 冠、亞、季軍乙名
	中三級		
	中四、五級		
	公開組		

- (b) 團體獎 - 中一、二級，中三級及中四、五級，各設冠軍乙名 (獎狀及獎品)
(c) 個人全能獎 - 中一、二級，中三級、中四、五級及公開組，各設男、女子全能獎乙名 (獎杯乙座)

8. 計分方法

- (a) 每一單項每次呈交成績時，均可獲取「1分」參與分。
(b) 各單項排名前十名者，可額外獲取分數，得分如下：

名次	1	2	3	4	5	6	7	8	9	10
得分	12	10	9	8	7	6	5	4	3	2

- (c) 活動完結後，以個人得分總和計算個人成績。
(d) 團體獎則以全班個人得分的總和，除本班人數，以得分最高之班別為勝。
(e) 設個人全能獎項，參加者必須參與三個類別(競技、常規及挑戰組別)並得到最高分數。

9. 額外加分

- (a) 個人項目

- (i) 若學生可於常規組別項目中，每天完成指定要求可獲額外分數。分數將直接加到學生的個人總數上，指定要求如下：
- 每天完成 3 項常規組別項目並上載成績，將加 1 分
 - 每天完成 4 項常規組別項目並上載成績，將加 2 分
 - 每天完成 5 項常規組別項目並上載成績，將加 3 分
 - 每天完成 6 項常規組別項目並上載成績，將加 5 分

- (b) 班際項目

- (ii) 若完成指定項目，該班將會獲得額外分數。分數將直接加在團體總分之中，指定要求如下：
- 全班三成學生曾參與活動並上載成績，將加 3 分
 - 全班五成學生曾參與活動並上載成績，將加 5 分
 - 全班七成學生曾參與活動並上載成績，將加 7 分
 - 全班學生都曾參與活動並上載成績，將加 15 分

10. 活動詳情

類別	項目名稱	中一、二級		中三級		中四、五級		公開組 中六、現教職員 家長及校友	
		男子	女子	男子	女子	男子	女子	男子	女子
競技組別	**籃球 5分鐘投籃(罰球線)	因應疫情關係，戶外項目暫不舉行，直至另行通知。							
	足球 5分鐘持續控球	✓	✓	✓	✓	✓	✓	✓	✓
	跳繩 1分鐘雙腳跳前繩	✓	✓	✓	✓	✓	✓	✓	✓
	**3公里跑	因應疫情關係，戶外項目暫不舉行，直至另行通知。							
	平板支撐 (持續時間)	✓	✓	✓	✓	✓	✓	✓	✓
常規組別	跳繩 2分鐘	✓	✓	✓	✓	✓	✓	✓	✓
	**3公里跑	因應疫情關係，戶外項目暫不舉行，直至另行通知。							
	Tabata 1	✓	✓	✓	✓	✓	✓	✓	✓
	Tabata 2	✓	✓	✓	✓	✓	✓	✓	✓
	Tabata 3	✓	✓	✓	✓	✓	✓	✓	✓
	1分鐘平板支撐	✓	✓	✓	✓	✓	✓	✓	✓
挑戰組別	**5公里跑	因應疫情關係，戶外項目暫不舉行，直至另行通知。							
	**10公里跑								
	**青山行								

此致
貴家長

校長



謹啟

二零二一年三月十九日

Please submit the reply slip on or before 26/3/2021.

請於 26/3/2021 或之前呈交回條。

【Reply Slip 回條】

Dear Principal,

Having received School Circular No.39, I understand the details about the 【KC Sports Challenge Online】.

敬覆者：頃接家長通告第三十九號，藉悉貴校【線上 KC 運動會】事宜。

此覆

加拿大神召會嘉智中學校長

Name of Student	學 生 姓 名	_____
Class	班 別	_____
Class Number	學 號	_____
Name of Parent	家 長 姓 名	_____
Signature of Parent	家 長 簽 名	_____
Date	日 期	_____

Annex – Rules of Challenge

Rules and requirements **Technique Group**

5 minutes trapping the football

1. Participants must use size 4 or 5 football and you can also make your own footballs with paper and other materials.
2. No venue limitation and the time limit is 5 minutes.
3. If you lose control of the football, start again indefinitely within the limited time, and the number of successes within 5 minutes will be accumulated.
4. Except for hands, students can control the ball from any part of the body.
5. Every time the ball leaves one's body and touches one's body again, count once.
6. Participants cannot hold the ball on oneself, such as pinching the ball.
7. The number of times in this event will be the number of consecutive possessions.
8. Participants have to record the whole performance and upload it to the Google Form.

1 minute skipping (front rope with both feet jump)

1. Participants have to get ready with a rope (no limitation on the material)
2. The time is 1 minute, and the front rope can be completed indefinitely within the time limit and can also start again within the time limit after failure.
3. When the rope is from behind the feet, over the top of the head, and both feet jump over the rope to complete a front rope.
4. The number of completions outside the time limit will not be counted.
5. The sum of the number of front ropes completed within the time limit is the number of front ropes in this project.
6. Participants have to record the whole performance and upload it to the Google Form.

Plank (Non-stop)

1. No venue limitation but please pay attention to the safety of the environment.
2. No time limit and participants have to count the planking time.
3. During planking, it ends if your feet or palms touches the ground.
4. Participants have to record the whole performance and upload it to the Google Form.

Basic Group

2 minutes skipping

(The sum of the number of skipping days)

1. Participants have to get ready with a rope (no limitation on the material).
2. The time limit is 2 minutes. The front rope can be completed indefinitely within a limited time and can also start again within a limited time after failure.
3. When the rope is from behind the feet, over the top of the head, and both feet jump over the rope to complete a front rope.
4. The number of skipping ropes is not counted in this item, but it must be completed seriously for 2 minutes. If skipping is not serious, the score will not be calculated.
5. Participants have to record the whole performance and upload it to the Google Form.
6. Number of the skipping days will be summed up after the challenge period.

1 minute plank

(The sum of the number of plank days)

1. No venue limitation but please pay attention to the safety of the environment.
2. The time limit is 1 minute. Participants can divide the plank time into 2-3 sets. 20 seconds rest time is recommended in between the planks.
3. During planking, correct your posture and continue with the plank if any part of your body (apart from your feet and palms) touches the ground.

4. Participants have to record the whole performance and upload it to the Google Form.
5. Number of the plank days will be summed up after the challenge period.

Tabata 1/2/3

(Finish during the challenge period)

1. No venue limitation but please pay attention to the safety of the environment.
2. Follow the clip of Tabata once.
3. Only 1 set of Tabata can be uploaded each day.
4. Participants have to record the whole performance and upload it to the Google Form.
5. The number of days that the participant has uploaded will be summed up after the challenge.

附件 - 比賽章則

各項目規則及要求：

競技組別

足球 5 分鐘持續控球

1. 項目須要使用 4 或 5 號足球，也可以紙等物料自製足球。
2. 場地不限，限時 5 分鐘，學生可無限次控球。
3. 若控失足球，限時內無限次重新開始，5 分鐘內的成功次數將會疊加。
4. 除了雙手外，學生可以身體任何部位控球。
5. 每次球離開自己身體並再次接觸自己身體，方計算一次。
6. 不能將球停止在自己身上，如夾球。
7. 本項目的次數將會是連續控球的數目。
8. 學生必須拍攝整個過程，並上載影片到已提供的 Google form 內。

跳繩 1 分鐘雙腳跳前繩

1. 參加者須準備繩一條，繩的用料不限。
2. 時間為 1 分鐘，限時內可無限次完成前繩，失敗後也可在限時內再開始。
3. 當繩從腳後，越過頭頂，雙腳起跳跨過繩，即完成一次前繩。
4. 限時外完成的次數，將不會被計算在內。
5. 限時內完成的前繩數目的總和即是本項目的前繩次數。
6. 參加者必須拍攝整個過程，並上載影片到已提供的 Google form 內。

平板支撐 (持續時間)

1. 場地不限，但必須注意環境安全。
2. 時間不限，盡力以為，學生須計算自己做平板支撐的時間。
3. 當過程中，腳板及雙手以外的身體部位接觸地面時立刻結束。
4. 參加者必須拍攝整個過程，並上載影片到已提供的 Google form 內。

常規組別

跳繩 2 分鐘 (活動期間完成日數)

1. 參加者須準備繩一條，繩的用料不限。
2. 時間為 2 分鐘，限時內可無限次完成前繩，失敗後也可在限時內再開始。
3. 當繩從腳後，越過頭頂，雙腳起跳跨過繩，即完成一次前繩。
4. 本項目沒有計算跳繩次數，但亦要認真完成 2 分鐘，不認真地跳將不會被計算分數。
5. 參加者必須拍攝整個過程，並上載影片到已提供的 Google form 內。
5. 於活動結束後將會計算完成此項目的日數。

1 分鐘平板支撐 (活動期間完成日數)

1. 場地不限，但必須注意環境安全。
2. 時間為 1 分鐘，同學可 1 次完成或分為 2 組或 3 組完成，其中建議 20 秒休息。
3. 當過程中，腳板及雙手以外的身體部位接觸地面時可立即糾正及繼續。
4. 學生必須拍攝整個過程，並上載影片到已提供的 Google form 內。
5. 於活動結束後將會計算完成此項目的日數。

Tabata 1/2/3 (活動期間完成日數)

1. 場地不限，但必須注意環境安全。
2. 跟 Tabata 短片完成一次。
3. 每套 Tabata 短片每日只可上傳一次。
4. 參加者必須拍攝整個過程，並上載影片到已提供的 Google form 內。
5. 於活動結束後將會計算完成此項目的日數。