



余振強紀念第二中學

Yu Chun Keung Memorial College No.2

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21st April 2021

'Fitness & Sport for All Day' – 2020/21 Activity Notice

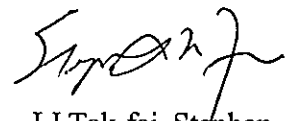
Dear Parent/Guardian,

Due to the continuous prevalence of COVID-19 and advisory of the Hong Kong Government to avoid large-scale activities in public areas, we have decided to call off the sports day of this year as a result. Notwithstanding the cancellation of our annual sports day, we have scheduled 7th May 2021 as 'Fitness & Sport for All Day', moving the sports activities from the sportsground to the school. The aim of this activity day is to promote the importance of healthy lifestyle and increase our students' sense of belonging.

On 7th May, F.2-5 students should arrive at school by 8:15 a.m. whereas F.1 students should come by 1:30 p.m., same as the arrival time on our current timetable. For more details, please see the attachment next.

Thank you.

Yours faithfully,



LI Tak-fai, Stephen
Principal

TRUTH: UNDERSTAND IT; LIVE IT; UPHOLD IT!

Remarks:

1. Students must wear their P.E. uniform. They should have put on their P.E. uniform before arriving at school since they are not advised to use the school changing room under the circumstance of COVID-19.
2. Students must attend all sports programmes on the day of the event. If your child is physically unfit to take part in any of the sports activities, submission of a parent's letter is required. Despite being exempt from doing sports, your child should still attend and sit for all lessons.
3. The performance on 'Fitness & Sport for All Day' will weigh 20% of P.E. grade in the second term. Please note that makeup examination will NOT be arranged for absent students.
4. Students must have their masks on throughout the sports activities. They are advised to bring a spare mask.
5. Students should bring their own water to avoid from being dehydrated. The school tuck shop and water dispensers are not open on the day.

'Fitness & Sport for All Day' – Notes & Rundown

1. All matches are on the basis of inter-level and inter-house competitions. Each class should attend all items of the event as scheduled.

2. Competition Events and Venues:

Event (1) Standing Long Jump	School Hall
Event (2) Agility T-Test	Covered Playground
Event (3) Basketball Shot	Basketball Court
Event (4) Shotput	Basketball Court
Event (5) Quiz on P.E. Knowledge	Classrooms

3. Timetable

F.2-5 (8:30 a.m.- 1:05 p.m.)

Period \ Class	1 st Period	2 nd Period	3 rd Period	4 th Period	5 th Period	6 th Period	7 th Period	8 th Period
2A	Event (1)	Event (5)	Event (2)	Event (5)	Event (3)	Event (5)	Event (4)	Event (5)
2B & 3B	Event (2)	Event (5)	Event (3)	Event (5)	Event (4)	Event (5)	Event (1)	Event (5)
2C	Event (3)	Event (5)	Event (4)	Event (5)	Event (1)	Event (5)	Event (2)	Event (5)
3A	Event (4)	Event (5)	Event (1)	Event (5)	Event (2)	Event (5)	Event (3)	Event (5)
4A	Event (5)	Event (1)	Event (5)	Event (2)	Event (5)	Event (3)	Event (5)	Event (4)
4B	Event (5)	Event (2)	Event (5)	Event (3)	Event (5)	Event (4)	Event (5)	Event (1)
5A	Event (5)	Event (3)	Event (5)	Event (4)	Event (5)	Event (1)	Event (5)	Event (2)
5B	Event (5)	Event (4)	Event (5)	Event (1)	Event (5)	Event (2)	Event (5)	Event (3)

F.1 (1:40- 4:30 p.m.)

Period \ Class	1 st Period	2 nd Period	3 rd Period	4 th Period	5 th Period	6 th Period
1A	Event (5)	Event (1)	Event (2)	Event (5)	Event (3)	Event (4)
1B	Event (5)	Event (2)	Event (3)	Event (5)	Event (4)	Event (1)
1C	Event (5)	Event (3)	Event (4)	Event (5)	Event (1)	Event (2)

4. Awards

- I. Individual Awards include Champion, 1st Runner-up, 2nd Runner-up and 3rd Runner-up. Each competition event will take place among classes of the same form, in divisions of boys and girls. Each winner will be given a medal.
- II. Individual All-round Champions, 1st Runner-ups and 2nd Runner-ups from the highest scores of the first 4 events of matches, in boys and girls teams respectively, will receive a trophy.
- III. Awards for Inter-house matches include Champions, 1st Runner-ups and 2nd Runner-ups in boys junior division (F.1-3), boys senior division (F.4-5) and girls (F.1-5). The results will be based on the performance of the top 8 boy contestants and top 5 girl competitors, representing each house. The ranks of each house contestants (best 8 boys and 5 girls of each house) will be added up; the higher the ranks a house has, the add-up of the total number will become smaller so the higher position the house will be placed. House champion will be given a flag.
- IV. Inter-house Overall Champion belongs to the house that gets the smallest add-up number as point III mentioned above, and high attendance rate of its contestants is counted as well. The house winner will receive a flag.

5. The way of calculation –

The contestant who has best performance of each item of competition will be given 1 point; the one in second place will get 2 points, and so on. The lower the points a contestant gets, the higher the rank will be resulted. Same calculation applies to an individual all-round category. If two contestants have the same score, the one at higher rank will be the winner. If both ranks are the same, then there will be two winners.

6. **The Awards Ceremony** will be held on 11 May 2021 during the morning assembly. Awards for Inter-house and Individual All-round winners will be presented at the ceremony, whereas individual awards will be given to the winners by their class teachers due to time constraint.