

Sports leadership

For students, there are a range of leadership opportunities in sporting activities through being: captains of teams; coaches for younger students; and through community service. ESF has a commitment to competitive sport, participating in Hong Kong and or International Schools Federations which adds to the possibilities for leadership. The richness of this co-curricular programme on offer is due to the commitment of teachers, supported by student leaders and expert part time coaches. Teachers are supported by ESF in their development as coaches, through opportunities to gain appropriate qualifications. As students get older and show an interest and aptitude in particular sports, schools will enable appropriate students to add to their experience in sports leadership and coaching. Where feasible, they will be encouraged to gain appropriate qualifications such as a Sports Leadership Award, and also coaching awards for specific sports.



ESF
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Physical Education and Sport Strategy 2015-20

Elite athlete development

Schools run teams and participate in events for a wide variety of sports, and encourage talented young people to take up extra-curricular opportunities where appropriate. Teachers will encourage students and advise parents appropriately of the opportunities in Hong Kong, through clubs and other providers, which will be enhanced into being a more systematic talent development system. Schools will provide appropriate differentiation for the most able athletic students. The Private Independent Schools have sports scholarships available under their charter. ESF has notable examples of close relationships with many national sports federations, but has a need to further develop relationships to a wider range of sports for the benefit of students. Schools facilitate participation in national teams and provide on-line learning methods and individualised support for these students to maintain their academic learning. Some students are part time at the Hong Kong Sports Institute [HKSI] and ESF schools have been designated 'Athlete-friendly' through its ability to be flexible for these students. ESF also has a partnership with HKSI, through a 'memorandum of understanding' which allows for full-time athletes to be supported in their education through curriculum flexibility and 'out of school hours' tutoring as appropriate. ESF is extending this provision through World Academy of Sport accreditation to offer flexibility for elite athletes in the IB Diploma.



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A consultation

Patterns of physical activity have changed for young people over the last few decades. In cities of the developed world, young people tend to have less informal physical play, they tend to walk less and their physical activity tends to be conducted in organised sessions, at school or through clubs and commercial providers. Governments of the wealthier nations are concerned that children’s inactivity will be detrimental to health in later life. This is also true in Hong Kong, where there is recognition and concern, that life expectancy for the next few generations will be lower than elderly people in 2015. As educators of well-being in young people, we owe it to all young people to find physical activity they enjoy so that they can gain from the myriad of benefits which research associates with physical exercise and sport.

Research has confirmed the many benefits of exercise for both physical and psychological well-being. This may be cardio-vascular, suppleness, combating ill health and disease and control of weight amongst others. There is a wide range of evidence that physical movement enhances brain functions in children and adults as well as improving a feeling of well-being. ESF students will not leave school without this physiological understanding of themselves and others.

Like all domains of learning, young people have a full range of attitudes to, and experience of, physical activity and sport. ESF is committed to ensuring all young people are challenged and supported to find the appropriate levels of exercise and sport. Whether this is regular exercise to maintain health and well-being or support for competitive elite athletes, ESF is committed to personalising the physical learning for each student.

ESF is committed to:

- **Effective and appropriate physical education for all students 3-19, as part of an holistic education, striving to find exercise that a student will enjoy and continue in later life;**
- **Developing knowledgeable students about the associated benefits of appropriate physical exercise and the detrimental effects of lack of this;**
- **Provide opportunities to those committed to competitive sport to achieve at an appropriate level and develop as sports leaders;**
- **Provide educational support for academics and wellbeing for students who are striving to attain elite athlete status within the context of Hong Kong, in Asia or internationally.**

As a result of these commitments, ESF will develop and enhance 4 key areas:



Physical education and fitness

All ESF schools provide physical education for all students. Within these PE programmes, students learn about physiology of human beings and how to enhance all aspects of human movement, strength, endurance, speed, suppleness, coordination and agility. They will experience sports of different kinds, invasion games such as Rugby, Football, Netball and Basketball, as well as sports from other cultures such as Kabaddi or Ultimate Frisbee. They will have opportunities to experience bat or racquet and ball sports, such as table tennis, badminton or cricket. There will be opportunities for individual sports such as gymnastics, swimming or athletics. To enhance internationalism further in relation to the host culture, opportunities for martial arts will be extended to include sports such as Wushu, Tae Kwon Do and Judo. Not all will be in the PE curriculum, some experiences will be provided through co-curricular clubs and school teams.

There are many co-curricular opportunities for physical activity and enjoyment, opportunities include outdoor adventure and pursuits like hill walking, rock climbing and sailing. This will be further developed, especially through other agencies in Hong Kong offering systematic provision from primary to secondary to build on what is already offered.



Physiological understanding

Through kindergarten and early years, students will experience interdisciplinary lessons on the language related to the human body, when it is healthy and when it is not. This will continue in primary years to understand systems of the human body and how these systems work to sustain human life. In the middle years, through science and physical education lessons, the details of the organs functions are explained as well as the skeleto-muscular system. There will be provision of appropriate sports and sports science courses in the upper years of secondary to facilitate pathways to university and colleges. Students will leave an ESF school with understanding the effect of drugs, both beneficial and harmful. They will use technology to understand the functioning and performance of the human body and their own physical fitness. The contribution of physical movement to well-being will be explained through both the PE and the pastoral curriculum.

