



**SIR ELLIS KADOORIE SECONDARY SCHOOL (WEST KOWLOON)**

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28 September 2021

Dear Parents/Guardians,

**MVPA 60+ Promotion Day in lieu of Annual Sports Day**

Our Annual Sports Day was originally scheduled to be held on 5<sup>th</sup> October, 2021 (Heats) and 6<sup>th</sup> October 2021 (Finals) at Sham Shui Po Sports Ground this year. However, according to the latest announcements and guidelines from the Education Bureau regarding “Health Protection Measures for Schools”, Sports Day cannot be held as scheduled due to COVID-19.

In view of this, our school is organizing an MVPA 60+ Promotion Day on 5 and 6 October 2021 in place of Sports Day. According to World Health Organization and EDB guidelines, children and adolescents aged 5-17 years should do at least an average of 60 minutes per day of moderate-to-vigorous intensity, mostly aerobic, physical activity (MVPA 60+), across the week. They should also incorporate vigorous-intensity aerobic activities, as well as those that strengthen muscles and bones, at least 3 days a week. To promote MVPA 60+ and encourage students to exercise, there will be 500m and 3km spinning bike competitions, standing long jump, shot put, kangaroo jump and ball games competitions on the MVPA 60+ Promotion Day.

The schedule of MVPA 60+ promotion Day is as follows:

5 & 6 October 2021	Assembly time	Dismissal Time
Junior Form:	08:15 am	10:15 am
Senior Form:	11:00 am	1:00 pm

If your child/ward would like to participate in any of the events on the MVPA 60+ Promotion Day, please sign the attached consent form.

Students need to come back to school accordingly in full set PE uniform.

Yours faithfully,

LEE Tung-ching  
Principal

## 官立嘉道理爵士中學（西九龍）

### 二零二一年九月二十八日家長信撮要

#### 取消周年陸運會及舉行 MVPA 60+ 推廣日

本校周年陸運會原定於二零二一年十月五日(初賽)及十月六日(決賽)假深水埗運動場舉行，但在疫情之下，學校舉行大型活動必須遵照教育局最新發出的學校健康指引，因此學校決定取消周年陸運會。

取而代之，本校於上述兩天舉行 MVPA 60+ 推廣日。根據世界衛生組織及教育局的建議，5-17 歲兒童和青少年一周中每天應至少進行 60 分鐘中等強度到高強度身體活動(MVPA 60+)，主要是有氧的身體活動；每周至少 3 天應有高強度的有氧運動，以及加強肌肉和骨骼的活動。

原本的周年陸運會將會改為 MVPA60+ 推廣日，內容包括，500 米及 3 公里室內單車賽、立定跳遠、鉛球、袋鼠跳及球類比賽等。

MVPA 60+ 推廣日程序如下：

2021 年 10 月 5 日及 6 日	集合時間	解散時間
初中：	早上 8 時 15 分	早上 10 時 15 分
高中：	早上 11 時	下午 1 時

若家長同意子女參加比賽，請簽妥附頁的回條。

全校學生必須穿著整齊運動服並依時出席。

## Reply slip

### MVPA 60+ Promotion Day in lieu of Annual Sports Day

To: Principal  
Sir Ellis Kadoorie Secondary School (West Kowloon)

I acknowledge receipt of a letter to parents dated 28 September 2021 from your school about the above captioned activity and have noted the contents therein.

- My child/ward is fit enough to attend the MVPA 60+ Promotion Day
- I will not give consent to my child/ward to attend the MVPA 60+ Promotion Day

Parent's / Guardian's Signature: \_\_\_\_\_

Parent's / Guardian's Name (IN BLOCK LETTERS): \_\_\_\_\_

Parent's contact telephone number: \_\_\_\_\_

Student's Name (IN BLOCK LETTERS): \_\_\_\_\_

Class & Class No.: \_\_\_\_\_ (      )

Date: \_\_\_\_\_