

**Organised by The Gymnastics Association of Hong Kong, China (GAHK)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Gymnastics**  
**Rhythmic Gymnastics**  
**Prospectus**

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme		Joint Schools Sports Training Programme	
				Non - School Team Training	School Team Training		
Target Participants	Primary and secondary school students	Primary and secondary school girls		Primary and secondary school girls		Primary School Girls with year of birth between 2012 and 2017	
Outline	<ul style="list-style-type: none"> <li>- Introduction to rhythmic gymnastics and the Badges Award Scheme</li> <li>- Introduction to development of rhythmic gymnastics in Hong Kong</li> <li>- Rhythmic gymnastics demonstration</li> <li>- Play-in session</li> </ul>	<p>The training outline is designed according to Level 1 contents of the current GAHK Badges Award Scheme.</p> <p>The programme provides proper basic training for students. The programme includes teaching of basic freehand movements and ball techniques.</p>	<p>The training outline is designed according to Level 2 and Level 3 contents of the current GAHK Badges Award Scheme.</p> <p>The training is divided into 4 stages.</p> <p>Stage 1: Difficult freehand movements and rope techniques</p> <p>Stage 2: Difficult freehand routines and hoop techniques</p> <p>Stage 3 &amp; 4: Routines for the Rhythmic Gymnastic Competition under the School Sports Programme.</p>	<p>The training is divided into 4 stages. It is designed according to the contents of Level 2 to Level 6 content of the current GAHK Badges Award Scheme. Coaches will teach more difficult freehand movements, various movements with apparatus and routines suitable for local competitions.</p> <p>At the end of each stage, an assessment will be conducted by coaches for all students. Students with outstanding performance will be invited to attend the Advanced Training Course for skill enhancement training.</p>			
Venue	Halls or covered playgrounds with a floor height of 4 to 6 meters (Outdoor sports venues are not suitable)				Training venue to be arranged by the LCSD		
Fee	\$790 per session  (and \$382 for each extended session on the same day)	\$580 per session  (and \$180 for each extended session on the same day)	\$1,550 per course	\$1,980 per course	Joint Schools: \$352 per person	Advanced Training: \$300 per person	

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Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector, screen and 10 floor exercise mats		Schools may purchase the equipment for rhythmic gymnastics, including balls, ropes, ribbons and hoops (15 each) and floor exercise mats. [If the required equipment is not available at the schools, they (except floor exercise mats) may be borrowed from the LCSD.]		Not applicable	
Other Equipment	Sport equipment such as balls, ribbons, ropes and hoops (to be provided by the GAHK)		Not applicable			
Duration	2 hours per session		6 sessions per course, 2 hours per session (12 hours in total) Schools are recommended to apply for at least 2 courses as a complete training unit for the same group of students (24 hours in total)		Joint Schools: 11 lessons per course, 2 hours per lesson (22 hours in total)	Advanced Training: 10 lessons per course, 2 hours per lesson (20 hours in total)
Estimated No. of Participants per Session/Course	60	30	15		16	18
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm				Please refer to the respective prospectus	
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 3)			
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)		Outreach Coaching Programme Enrolment Form (P.203-204)		Not applicable	
How to Enrol	<ol style="list-style-type: none"> <li>Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a>. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.</li> <li>For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team.</li> </ol>				<p>Students must participate in the Selection Day organised by the GAHK. Students who pass the test with outstanding results will be invited to take part in the Joint School Sports Training Programme. For details, please visit the GAHK website. (<a href="http://www.gahk.org.hk">http://www.gahk.org.hk</a>)</p>	

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Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Participants should wear proper sportswear and sports shoes (gymnastic shoes preferred).</li> <li>3. Upon completion of a course under the Outreach Coaching Programme or a course under the Joint Schools Sports Training Programme, an assessment will be conducted by the coach according to different badges standards of rhythmic gymnastics. Participants who meet the required standards may obtain the badges and certificates according to their achieved levels from the NSA at their own cost. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</li> <li>4. Priority will be given to participants who have participated in rhythmic gymnastics training under the Outreach Coaching Programme between September 2022 and 30 April 2025 to take part in the Rhythmic Gymnastics Competition under the School Sports Programme in 2025. Details will be announced later.</li> <li>5. Schools are advised to have appropriate accident insurance coverage for participants.</li> <li>6. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, the NSA will deduct from the fee for each activity an administrative fee (\$204 per Sport Demonstration; \$408 per training course under the Outreach Coaching Programme) and refund the balance to the school.</li> <li>7. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>8. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>			
Enquiry Phone No. / Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			