

Appendix 1

Further Details of Proposed PE & Sports Enhancement Projects

Fitness AI Application (\$60,000)

Description	<p>MVPA60-Focused Customization: The app designs age-appropriate or individualized exercise routines to help students meet the WHO’s MVPA60 recommendation (at least 60 minutes of moderate-to-vigorous activity daily), directly supporting the EDB’s sports ambience and MVPA60 initiatives.</p> <p>Real-Time AI Motion Tracking: Uses a proprietary AI skeleton sensor (FlexMSK) to instantly detect incorrect movements during exercises and provide immediate corrective feedback, ensuring safe and effective training without needing expensive hardware.</p> <p>Simple & Cost-Effective Setup: Requires only an entry-level smartphone or tablet – no additional equipment needed – making it highly accessible for all S1–S6 students and teachers.</p> <p>Powerful Teacher Tools: Teachers can freely customize exercise items, receive comprehensive performance reports, remotely assess students’ progress, and automatically adjust personalized exercise prescriptions via the app.</p> <p>Flexible Student Experience: Students can complete PE homework anytime through the mobile app, track their own activity data, and receive updated exercise plans, boosting engagement and enabling continuous progress monitoring beyond class time. Allow them to have cross-year comparison.</p>
Implementation Plan (2025/2026)	<p>Feb 2026: Quotation</p> <p>Mar 2026: IMC Approval</p> <p>Apr 2026: Contact company and request training</p> <p>May 2026: Installation of the application</p> <p>Jun-Jul 2026: Pilot scheme</p>
Integration	By tracking students’ own activity data, it can integrate with SportACT award record, allow students to obtain certificates issued by LCSD with their activity record, with the same record, internal inter-class competitions on the activity level can be held.
Short-term Objectives	Enhance interactivity of PE lessons; provide comprehensive sports data analysis.
Long-term Effects & Benefits	Sustained motivation and behaviour change; personalised fitness improvement; data-driven PE policy; development of lifelong healthy habits.
Evaluation	Engagement surveys, MVPA60 Award participation. Target: ≥80% positive response by the end of the school year 2026-2027.

RFID Timing Chip System (\$50,000)

Description	<p>Includes 1 main unit with 12-hour battery, 2 × 2.4m antenna mats (2-lane width), 1,000 custom-printed timing chips with school logo, professional software, full installation, route design, and teacher training – no monthly or annual fees.</p> <p>Real-Time Performance Feedback: Displays live name, class, lap count, pace, and top 5 boys/girls rankings on screen; automatically exports full Excel reports for analysis, self-monitoring, and PE grading.</p> <p>Easy One-Person Operation: Starts in 1 minute, fully portable, weatherproof, and supports both PE class assessments and large school events (sports day, cross-country, charity runs) with up to 10 m/s runner speed.</p>
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MVPA60 One off Grant (Budget 2025-26)

Implementation Plan (2025/2026)	Feb 2026: Quotation Mar 2026: IMC Approval Apr – Jun 2026: Contact company and installation Jun-Jul 2026: Pilot scheme by school team members
Short-term Objectives	Support digital assessments; provide objective pace and ranking data.
Integration	MVPA60 & 9-Minute Run Assessment: Designed specifically for Hong Kong schools; instantly records accurate lap times, pace, and rankings for the standard 9-minute run/walk test used in PE lessons, providing objective digital fitness data for every S1–S6 student. Morning Run: Inter-class competition e.g. Top 5 results from each class, winning class may receive sports-related products or coupons
Long-term Effects & Benefits	Error-free longitudinal tracking and cross-year comparison; enhanced motivation; evidence-based policy making; efficiency and scalability.
Evaluation	Annual comparison with HK norms; MVPA60-related benchmarks. Target: 15–20% endurance improvement in 3 years.

Pickleball Experience (\$10,790)

Description	Purchase of pickleball equipment and hiring of qualified personnel for training and student sessions.
Implementation Plan (2025/2026)	Jan 2026: Equipment purchase and personnel engagement. *Mar 2026: Student and teacher experience session *Mar 2026: Evaluation of the experience session Apr 2026: Line drawing May – Jun 2026: Inter-class Competition *Already implemented, please refer to Appendix 2
Short-term Objectives	Provide quality equipment; deliver professional development to teachers and students.
Integration:	Lunch time interest clubs led by sports committee members and supervised by PE teachers Open use of equipment on Staff Game Day aiming to gather staff together and have fun, releasing stress Inter-class Competition which allows participation of both teachers and students
Long-term Effects & Benefits	High engagement MVPA; physical and skill development; social and mental health benefits; diversified school sports culture.
Evaluation	Mood and activity logs, participation rates, teacher feedback. Target: $\geq 30\%$ student uptake by the end of the school year 2026-27.