

PHYSICAL RECREATION SECTION

Aim

To encourage participation in physical recreation activities and improvement of performance.

The Principles

This Section offers a wide range of programmes in the belief that:

- Involvement in some form of enjoyable physical activity is essential for physical well-being.
- A lasting sense of achievement and satisfaction is derived from meeting a physical challenge.
- The activities listed are enjoyable in themselves and can lead to the establishment of a lasting active lifestyle.
- Young people should have the opportunity to make a choice, then negotiate a personal programme of participation and achieve an objective.

Benefits to Young People

- Enjoy keeping fit
- Improve fitness
- Discover new abilities
- Raise self-esteem
- Extend personal goals
- Respond to a challenge
- Derive a sense of achievement

General Conditions

1. Introduction

Participants should choose an activity, have their standard on starting assessed and through regular training, improve their personal standard and performance. Emphasis should be placed on both **participation** and **improvement**.

2. Forms of sports available

Various sports are set out in 3 groups, **Group 1 (Participation)**, **Group 2 (AYP Standards)** and **Group 3 (National Sports Association Training Certificates)**. In choosing an activity, participant should consider his/her own interest and aptitude and availability of resources. Details of the 3 groups of sports can be found under the respective headings.

A table of sports is listed in the following section. However, it must be stressed that this list is by no means exhaustive. Participants should consult the Physical Recreation Section Panel on the acceptability of any new programme they might wish to propose.

3. Scores required

This Section makes use of a **point scoring system** which enables the physically less gifted to qualify as well as the natural athlete or games player.

In order to qualify for this section, participants of the 3 levels must obtain the following minimum scores: -

<i>Bronze</i>	-	24	points
<i>Silver</i>	-	30	points
<i>Gold</i>	-	36	points

Participants may build up the stipulated number of points under the heading(s) of participation and standards reached for Group 2 and 3 and participation only in Group 1.

4. Establishing a goal

Before undertaking a chosen activity, the participant should set a goal to try to reach during the training period. A plan must be submitted before starting. The plan should include the goal of improving personal standards and the proposed timetable and activities.

5. Training

This section requires participants to have a reasonable degree of training in participating the activities, thus leading to improved performance.

Points are awarded for training on the basis of 1 point for each half hourly session (or 2 points for each hourly session) outside curriculum timetable or works time. Not more than 2 points may be counted per week or 4 points per alternate weekend.

For all groups of activities, there is a minimum requirement of 6 training hours spread within a minimum period of 6 weeks.

6. Improvement

Improvement of overall performance is essential in order to qualify, though no points are awarded for this aspect. Participation without improvement does not qualify for this Section.

Such improvement must be assessed as a continuing process throughout the period of participation, and in making what must necessarily be a subjective judgment, the following must be taken into considerations: -

- a. All candidates should have shown effort during the period of participation and have made progress based upon their initial knowledge and ability.

- b. Participants should also show improvement in the following areas, in so far as they are applicable to the activity concerned. These should also be related to the participants, initial standard, physical ability, and period of participation:
 - i. **Application** - Attendance and willingness to involve themselves during each practical session, appropriately dressed and equipped.
 - ii. **Technique** - Understanding of the techniques applicable to the activity.
 - iii. **Skill** - Development of individual and/or co-operative skills appropriate to the activity.
 - iv. **Tactics** - Appreciation of individual or group co-operative tactics necessary to the activity at their level of participation.
 - v. **Fitness** - Improvement of physical fitness specific to the activity.
 - vi. **Knowledge of rules** - Appropriate to the level of activity at which the participant is involved.
 - vii. **Appreciation of hazards and knowledge of safety precautions** - Safety Rules and/or Regulations and appreciation of dangers inherent in the activity.

7. Attainment of standards

This method of scoring is only applicable to Group 2 and 3 activities only. The score system is on the basis of the tables given later in this chapter.

8. Instruction and assessment

a. *Warm Up and Cool Down Sessions*

Warm up and cool down periods are essential for all physical activity sessions. These should include static stretch exercises for all the main muscle groups and some cardio vascular work. The cooling down period should involve similar exercises gradually reducing the level of activity and allowing the muscles to return to their normal resting length.

b. *Safety and Good Practice*

The publication, Safe Practice in Physical Education, published by the British Association of Advisers and Lecturers in Physical Education is recommended to all instructors since it covers all aspects of safety both in general terms and specific to every activity.

- c. Participants should be coached by someone who is knowledgeable and experienced in the activity. Instructors and assessors are normally suitably qualified Award Leaders, PE teachers, Club Instructors or National Sports Association Assessors.
- d. Details of the training sessions, including improvement in performance and points awarded for participation should be recorded. On completion of the training sessions, these details should be entered by the instructors in the participant's Record Book.
- e. Assessment or testing should be undertaken by people qualified or competent in the particular activity. At Silver level, the assessor should preferably be independent of those who have trained the participant. At Gold level there must be independent assessment and the assessor should be authorized by the Section Panel.

- f. Assessment should be made on the basis of effort, progress and performance/ achievement of the participants during the period for which the activity is being followed, with reference to the criteria listed in paragraph 6.

9. Record Book

The *Record Book* represents the experiences and achievements of a young person and therefore remarks should be **personalized, positive and encouraging**. It should always record success and achievement rather than failure.

At all levels the activity, dates and points for participation are to be entered in *Record Books* by instructors.

In the event of a young person not satisfying the assessor, he or she should be informed of the reason and no entry made in the *Record Book* until the conditions have been fulfilled.

For activities with participation-only programmes, an assessor's report is required and for activities with set standards, the assessor should check that the standards attained are entered correctly.

Activities of Physical Recreation Section

The followings give the wide range of Physical Recreation activities for reference. Participants should consult the Physical Recreation Section Panel on the acceptability of any new activity they wish to propose.

Name of Activity 活動	
1. Archery	30. Parachute
2. Athletics	31. Physical Achievement
3. Badminton	32. Physical Fitness
4. Baseball	33. Rifle
5. Basketball	34. Rock Climbing
6. Bodybuilding	35. Roller Skating
7. Boxing	36. Rowing
8. Canoeing	37. Rugby Football
9. Chinese Martial Arts	38. Scuba Diving
10. Cricket	39. Shuttlecock
11. Cycling	40. Skating
12. Dance	41. Skiing
13. Darts	42. Softball
14. Dragon Boat Racing	43. Sports Climbing
15. Fencing	44. Squash
16. Football	45. Swimming

17.	Gateball	46.	Table Tennis
18.	Golf	47.	Taekwondo
19.	Gymnastic	48.	Tennis
20.	Handball	49.	Tenpin Bowling
21.	Hockey	50.	Triathlon
22.	Horse-riding	51.	Ultimate/Flying Disc
23.	Ice Hockey	52.	Underwater Swimming
24.	Judo	53.	Volleyball
25.	Karate	54.	Waterskiing
26.	Kendo	55.	Weightlifting & Powerlifting
27.	Lawn Bowls	56.	Windsurfing
28.	Netball	57.	Yachting
29.	Orienteering	58.	Yoga

Group 1 (Participation)

1. Conditions

- a. Participants may select an activity as listed above. Before starting, a plan showing the anticipated improvement in standards and the proposed timetable and activities should be submitted to the Operating Authority at Bronze and Silver levels, and to the Section Panel at Gold level.
- b. There is a minimum requirement of 6 training hours. Points are awarded on the basis of 1 point for each half hourly session (or 2 points for each hourly session). Not more than 2 points may be counted per week or 4 points per alternate weekend.
- c. In the case of inadequate points gained for the required level, participants should take more training for the activities.

Group 2 (AYP Standards)

1. Conditions

- a. Select one activity out of Athletics, Physical Achievement, or Swimming and obtain at least 12 points of training over a minimum period of six weeks before attempting a standard. Points are awarded on the basis of 1 point per half hourly session (or 2 points per hourly session) outside curriculum or work time. Not more than 2 points may be counted per week or 4 points per alternate weekend.
- b. The balance of points can be made up by the attainment of standards. The scoring system for the attainment of different standards in the various activities is given in

the tables on the following pages. Standards should only be attempted on completion of the required number of training sessions.

- c. Where the scores obtained by the required 6 training sessions and the standard attained are insufficient to qualify for an Award, the balance of points should be made up by continued participation, the point system of which is the same as that for training.

2. Scores for Group 2 (AYP Standards) attained

There are corresponding scores for the different standards attained in the various activities. These are listed out in table form. For some activities, the standards for men (denoted by M) and women (denoted by W) are different, while for others, the standards apply to both sexes.

Points gained for standards in one activity cannot be added to the gained in another in order to reach the required total.

- a. **Athletic** - undertake 1 run, 1 jump and 1 throw chosen from the following:

i. **Run**

Event	Points		1	2	3	4	5	6	7	8	9	10
100 meters	secs.	M	15.8	15.0	14.3	13.7	13.2	12.8	12.5	12.3	12.1	12.0
		W	17.0	16.2	15.5	14.9	14.4	14.0	13.7	13.7	13.3	13.2
200 meters	secs.	M	35	33	31	29	28	27	26.5	26	25.5	25
		W	38	36	34	32	31	30	29.5	29	28.5	28
400 meters	secs.	M	76	73	70	67	64	62	60	59	58	57
		W	83	80	77	74	71	69	67	66	65	64
800 meters	mins & secs.	M	3.20	3.10	3.00	2.50	2.40	2.35	2.30	2.30	2.20	2.15
		W	3.40	3.30	3.20	3.10	3.00	2.50	2.45	2.45	2.35	2.30
1500 meters	mins. & secs.	M	6.15	6.00	5.45	5.30	5.20	5.10	5.00	4.50	4.45	4.40
		W	7.00	6.45	6.30	6.18	6.05	5.55	5.45	5.35	5.30	5.25

ii. **Jump**

High Jump	meters	M	1.06	1.14	1.22	1.30	1.38	1.46	1.52	1.58	1.62	1.66
		W	0.93	1.01	1.08	1.15	1.21	1.27	1.32	1.37	1.41	1.44
Long Jump	meters	M	3.40	3.80	4.15	4.45	4.70	4.90	5.05	5.20	5.30	5.40
			3.00	3.35	3.65	3.90	4.10	4.25	4.40	4.50	4.60	4.65
Triple Jump	meters	M	7.60	8.40	9.10	9.70	10.20	10.60	10.90	11.10	11.30	11.50
Pole Vault	meters	M	1.60	1.75	1.90	2.05	2.20	2.30	2.40	2.50	2.55	2.60

iii. Throw

Event	Points		1	2	3	4	5	6	7	8	9	10
Shot	meters	M	5.60	6.40	7.20	7.90	8.60	9.20	9.80	10.3	10.7	11.0
		W	4.30	5.10	5.80	6.40	6.90	7.40	7.90	8.30	8.60	8.80
Discus	meters	M	15.0	18.0	21.0	23.5	26.0	28.0	29.5	31.0	32.0	33.0
		W	11.5	14.0	16.5	18.5	20.5	22.0	23.5	24.5	25.5	26.0
Javelin	meters	M	15.0	18.0	21.0	23.5	26.0	28.0	30.0	31.5	33.0	34.0
		W	11.5	14.0	16.5	18.5	20.5	22.0	23.5	24.5	25.5	26.0
Cricket/ Rounders Ball	meters	M	34.0	39.0	44.0	48.0	52.0	55.0	58.0	61.0	63.0	65.0
		W	28.0	33.0	37.0	41.0	44.0	47.0	49.0	51.0	52.0	53.0

b. Swimming

Swimmers: Pass Composite Speed Test

Swim 25 meters without turns three times by three different strokes and score at least 1 point for each stroke. Maximum score for any one stroke is 10 points. All three events are to be taken during a single session, but not continuously.

Stroke	Points		1	2	3	4	5	6	7	8	9	10
25 meters back stroke (without a dive)	secs.	M	30	29	28	27	26	25	24	23	22	21
		W	35	34	33	32	31	30	29	28	27	26
25 meters breast stroke	secs.	M	32	31	30	29	28	27	26	25	24	23
		W	38	37	36	35	34	33	32	31	30	29
25 meters front crawl	secs.	M	27	26	25	24	23	22	21	20	19	18
		W	32	31	30	29	28	27	26	25	24	23

Non-Swimmers: Learn to swim at least 25 meters - 12 points. For the test, jump or dive in and swim unaided without stopping.

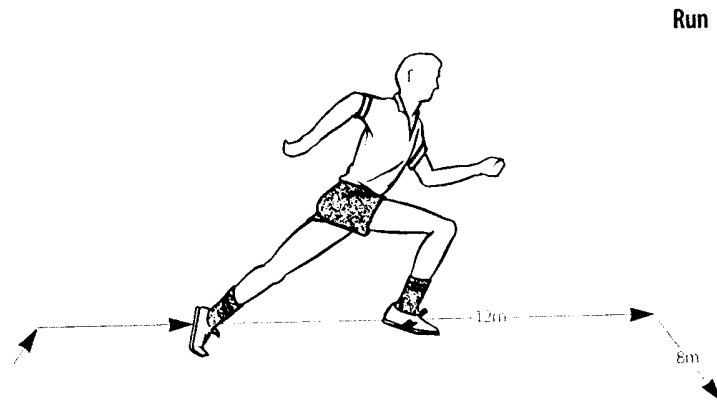
c. Physical Achievement

All the events may be undertaken either outdoors or indoors (e.g. gymnasium or club hall). The only equipment needed is a basketball or football, a chair or similar item, gym mat, markers, tape measure and a watch.

Undertake all seven events and select six to count. **And the event of Run is compulsory.** At least one point must be scored in each of the six events counted. The maximum score in any event is five points. A reasonable rest is to be allowed between each event. The tests may be spread over two sessions. The score tables can be found at the end of this section.

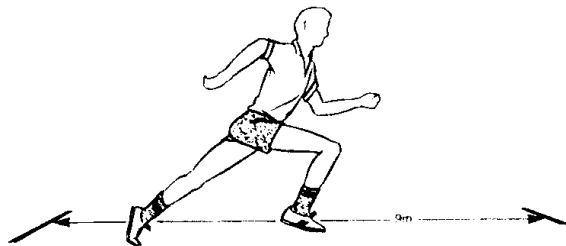
Run (Compulsory)

Twenty laps of a rectangular circuit 12 meters by 8 meters, each corner marked by a small object. The score is determined by the time in which this exercise is completed.



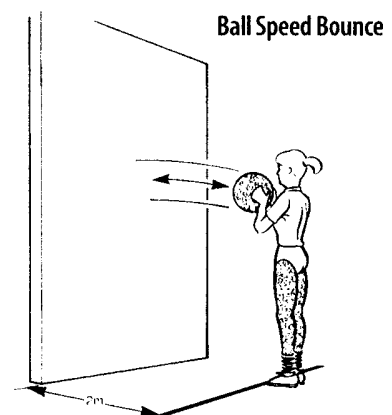
Speed Test

Run ten times between two lines marked on the ground or floor 9 meters apart. The score is determined by the time in which this exercise is completed.



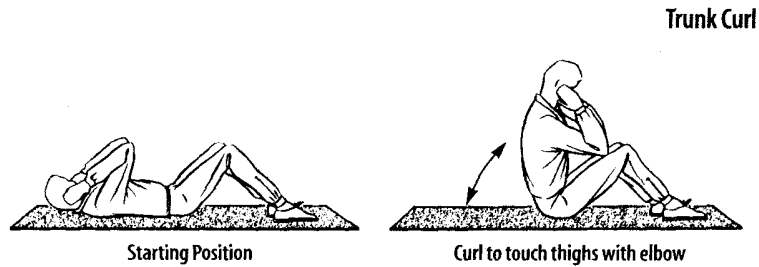
Ball Speed Bounce

Using a basketball or football, stand behind a line 2 meters from wall. Hold ball with two hands against chest. Ball must be thrown with two hands so as to rebound from the wall into both hands. Count the number of times the ball is successfully caught in 30 seconds. (It is recommended that a brick wall or similar solid surface be used for this event to ensure a satisfactory rebound.)



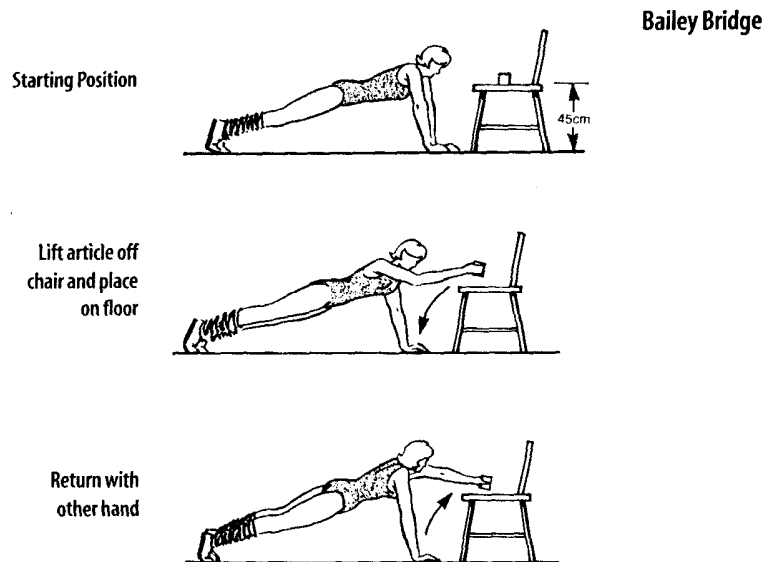
Trunk Curl Test

(To be performed on a towel, mat or suitable equivalent). Lie on the back with legs bent. A 90-degree angle should be maintained between the upper and lower legs. Place hands on cheeks. Ankle should not be held. Sit up, curling trunk and head until both elbows touch upper legs and then return to the starting position. Although the feet may leave the floor, the right angle between the upper and lower legs must be maintained. The score is the number of curls completed in one minute.



Bailey Bridge

Start in the front support position (body in straight line supported by hands and toes only) with shoulders near to and facing a chair, stool or box on which a small object should rest (e.g. bean bag, duster, 5 cm. cube of wood). The seat of the chair should be approximately 45 cm. from the floor. Take the object from the chair seat with one hand, place it on the floor, pick up the object with the other hand and replace it on the chair. Continue cycle. Count the number of times the object is successfully placed on the chair in thirty seconds.



Push up

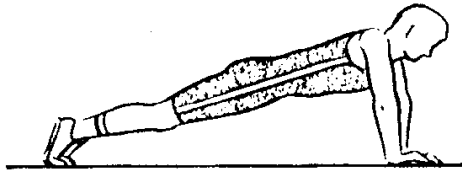
Hand/foot version: Lie face down on the floor, hands under shoulders, palms flat on the floor. Straighten arms, without locking, to lift body, leaving only palms and toes on floor. Bend elbows until they remain 90 degrees or return to starting position. Repeat push-up. Scoring ceases if the body sags. The score is the number of push-ups completed in one minute.

Starting Position



**Push-Up
(hand/foot
version)**

Push Up

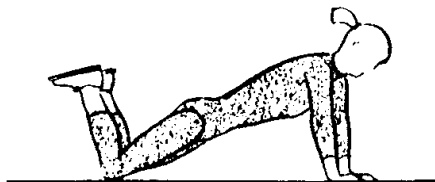


**Lower until nose
touches floor**



Or:

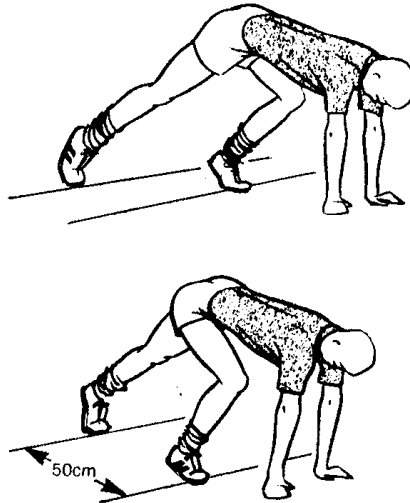
Hand/knee moderated version: Lie face down on the floor, hands under shoulders, palms flat on the floor with lower legs bent upwards from the knees. Straighten arms, without locking, to lift body, leaving only the palms and knees on floor, so that knees, hips and shoulders are in a straight line. This straight line should be maintained and the hands should not be allowed to move back towards the knees. Bend elbows until they remain 90 degrees or return to starting position. Repeat push-up. The score is the number of push-ups completed in one minute.



Single Leg Squat Thrust

Starting Position: Set up two lines 50 cm apart. Crouch with both hands placed flat on the floor and with the toes touching the front line. Take one leg back so that the foot is on the floor behind the rear line.

The test: Change legs so that foot is alternately thrust over the rear line, with the hips remaining high. The score is the number of single leg squat thrusts, i.e. when each foot crosses the line, completed in the thirty seconds.



Scoring -Males

Test		1	2	3	4	5
Run	Time (mins. & secs.)	4.30	4.05	3.40	3.20	3.10
Speed Test	Times (secs.)	28	26	25	24	23
Ball Speed Bounce	No. of catches in 30 secs.	30	35	40	45	50
Trunk Curl Test	No. in 1 min.	20	28	34	40	45
Bailey Bridge	No. in 30 secs.	12	17	19	21	22
Push-up hand/foot version or Push-up hand/knee moderated version	No. in 1 min.	15	23	27	34	50
Single Led Squat Thrust	No. in 30 secs.	40	60	70	76	82

Scoring - Females

Test		1	2	3	4	5
Run	Time (mins. & secs.)	5.00	4.35	4.10	3.50	3.40
Speed Test	Times (secs.)	32	28	27	26	25
Ball Speed Bounce	No. of catches in 30 secs.	20	26	32	36	38
Trunk Curl Test	No. in 1 min.	10	20	28	32	36
Bailey Bridge	No. in 30 secs.	12	16	18	20	22
Push-up hand/foot version or Push-up hand/knee moderated version	No. in 1 min.	8	14	18	24	30
Single Led Squat Thrust	No. in 30 secs.	35	50	65	72	80

Group 3 (National Sports Association Training Course Certificates)

1) Conditions

- a) Participants may select an activity as listed under “Activities of Physical Recreation Section”. Points can be gained by attaining a training course certificate issued by Hong Kong National Sports Associations (NSAs). Scores for certificates are calculated as stipulated in section 2.
- b) There is a minimum requirement of 6 training hours. Points are awarded on the basis of 1 point for each half hourly session (or 2 points for each hourly session). Not more than 2 points may be counted per week or 4 points per alternate weekend. Such training can be arranged either before or after the attainment of the training certificate.
- c) In the case of inadequate points gained for the required level, participants should take more training for the activities.
- d) Proficiency tests passed before starting work for an Award may not be counted retrospectively. Participants should either gain the next higher proficiency award (but not instructors’ certificate) or take up a new activity.
- e) Before starting, a plan showing the anticipated improvement in standards and the proposed timetable and activities should be submitted to the Operating Authority at Bronze and Silver levels, and to the Section Panel at Gold level.

2) Scores for Group 3 (NSAs Training Course Certificates) attained

- 1. Only those training certificates issued by National Sports Associations (NSAs) under Sports Federations & Olympic Committee of Hong Kong, China will be recognized, except the following certificates:
 - i. Training course certificates issued by clubs under NSAs and non-training course certificates (e.g. distance certificates) issued by NSAs cannot be scored under group 3.
 - ii. Since Chinese chess, the game of go (Weiqi), contract bridge, kart, billiard, life saving and aviation are not classified as Physical Recreation activities, those certificates issued by Hong Kong Chinese Chess Association, Hong Kong Go Association Limited, Hong Kong Contract Bridge Association Ltd., Hong Kong Kart Club Limited, Hong Kong Billiard Sports Control Council Company Limited, The Hong Kong Life Saving Society and Hong Kong Aviation Club Limited cannot be recognized as Physical Recreation Section achievements.

- iii. For those certificates issued by NSAs of non-specific sports, for example Victoria Recreation Club, South China Athletic Association, Chinese YMCA of Hong Kong, Hong Kong Paralympic Committee & Sports Association for the Physically Disabled, Hong Kong Sports Association for the Mentally Handicapped, The University Sports Federation of Hong Kong, China, The Hong Kong Society for the Deaf and Hong Kong Association of Sports Medicine and Sports Science Limited cannot be scored under group 3.

(Please refer to the following website for the full list of NSAs under Sports Federations & Olympic Committee of Hong Kong, China: http://www.hkolympic.org/jsp/nsa/nsa_list.jsp)

2. Scores of certificates are based on the training hours of the training course. 1 point will be awarded for each half hourly session (or 2 points for each hourly session). There is no limitation on the time span for gaining the points.

- Example:

Course Certificate		<u>Bronze</u> (Scores required: 24)		<u>Silver</u> (Scores required: 30)		<u>Gold</u> (Scores required: 36)	
		Certificate	Participation	Certificate	Participation	Certificate	Participation
Canoeing (1 Star)	Lecture: 0 hr Practical: 3 hrs	6	18	6	24	6	30
Orienteering (Lv2)	Lecture: 2 hrs Practical: 8 hrs	20	12	20	12	20	16

Participation by the Physically Handicapped

Whenever possible, physically handicapped participants are encouraged to choose an activity, which will enable them to take part in this section without recourse to variations.