

St. Paul's Co-educational College

Annual Plan for one-off Grant for Promotion of a Sports Ambience and MVPA60 in School (2026-27)

Content and purpose	Intended purchases	Evaluation methods and success criteria	Estimated budget allocation
To develop or procure PE-/sports-related IT services, mobile applications, and related software, as well as PE-/sports-related activity kits and supporting tools.	Meta Quest 3 VR headset and games x6-8 - gamifies physical education by introducing novelty that can boost student engagement across all fitness levels. The PE team can procure emerging virtual sports games and trend based sports, offering interactive activities during PE lessons and sports week.	Student and teacher feedback questionnaires will be employed to assess the usage of the aforementioned equipment alongside verbal comments from coaches and other stakeholders.	Approximately \$32,000
	Polar Verity Sense Armbands x8 - delivers real-time intensity tracking during PE lessons and sports team training by displaying live heart-rate zones. Helps quantify intensity of exercise into clear metrics that helps students be engaged in MVPA targets and builds a data-driven training culture.	Regular usage of all equipment in PE lessons and sports team training and competitions.	Approximately \$6,000
	Xbot All-in-One 4K AI Sports Camera - allows coaches and athletes to conduct video analysis and review game film. Showcasing match highlights across campus builds team pride, inspires student support, and drives aspiring athletes to increase the intensity of their training.		Approximately \$7,000
	Enode VBT Sensor & Hip Strap x1 - measures movement speed and power output of athletes in a portable manner (can be brought to various training venues to be used for objective		Approximately \$4,000

	<p>testing of metrics such as power and speed). Further promotes the scientific and data-driven training culture at SPCC. Can also be integrated in PE classes when discussing physical fitness.</p> <p>SwitchedOn app annual subscription - delivers dynamic, agility-based reaction and cognitive drills that require only a mobile device or tablet to execute anywhere on campus. This versatile software supports sports team performance training by enhancing decision-making and physical reaction time, while also serving as a high-throughput, plug-and-play station activity for Sports Week competitions.</p>		<p>Approximately \$1,000</p> <p>Total: \$50000</p>
<p>To organise sports-related activities involving the participation of various school stakeholders, including teachers and students.</p> <p>Organising diversified PE-/sports-related learning activities/competitions, or subsidising students to participate in such activities.</p>	<p>Sports week - multiple activities can be hosted during Sports Week to improve school Sports Ambience including the following:</p> <ol style="list-style-type: none"> 1. Multi-Stakeholder Interactive Booths Sports Week will feature rotating daily lunchtime booths alongside continuous interactive technology stations. Daily highlight stalls could include Meta Quest 3 virtual sports sessions, Physical Fitness Association of Hong Kong (PFAHK) 體感大激鬥 physical challenge station, and an Enode VBT vertical jump leaderboard competition. The school can also look to rent reaction time stick machines or agility tracking units with a digital scoreboard to display real-time rankings for competitions. Collaborations with the China Hong Kong New Emerging Sports Association (NESA) can also introduce introductory taster stalls for trending sports. 2. Guest Speaker Sharing Targeted educational sharing sessions by inviting elite Hong Kong athletes from HKSI to address the entire student body during morning assembly to share insights on resilience, goal setting, and maintaining balance between academic pressure and physical training. The school can also look to collaborate with HKASMSS (Hong Kong Association of Sports Medicine and Sports Science) to deliver dedicated workshops to sports team captains or athletes focusing on injury prevention and 	<p>Attendance records, post-event survey questionnaires, and participation headcounts across lunchtime booths will be recorded to plan ahead for the following year's Sports Week activities.</p> <p>Aiming to have at least 50 students participate daily in Sports Week booths and/or activities. With at least 70% of survey respondents expressing positive feedback regarding guest talks and activities.</p>	<p>Approximately \$10,000</p>

	<p>athletic recovery.</p> <p>Short-term interest classes - subsidize short 4-6 week introductory taster courses in alternative sports mentioned in the Sports Development Annual Plan such as Pickleball, Rugby, and Squash. The short term courses allows students of varying fitness backgrounds to try non-traditional sports, gain foundational skills, and build further interest in pursuing said sport outside of school. Sustained interest can further open up room for school team development for said sports.</p>		<p>Approximately \$5,000</p>
			Total: \$15000
Purchasing or upgrading PE/sports equipment in schools.	<p>Fitness Centre Equipment - the essential strength training equipment will serve to benefit the following initiatives including: open gym, structured strength and conditioning courses, and school team training. Leveraging the Sports Director's NSCA CSCS expertise, the setup delivers sustainable and efficient programming that can heighten SPCC's focus on physical wellness and foster a strong athletic training culture across campus for both athletes and non-athletes. Intended purchases include:</p> <ol style="list-style-type: none"> 1. Barbells x2 2. Squat racks x2 3. Weight plate sets x2 4. Adjustable bench x1 5. Plate storage rack x1 <p>Replacement of Existing Sports Equipment - the current volleyball post is broken and forces students to adjust net height manually using tools like screwdrivers and clamps, posing a liability and safety hazard during setup. Replacing it with a new set of posts ensures student safety and prevents court downtime during PE lessons and team training.</p> <ol style="list-style-type: none"> 1. Indoor Games Hall Volleyball Post x2 <p>Equipment for Pickleball Interest Class Initiative - introducing trending sports like pickleball improves the sports ambience and drives MVPA60 participation as it is highly accessible with a quick learning curve. The sport does not</p>	<p>Fitness Centre usage logs and safety inspection checklists will be implemented to ensure compliance with safety regulations. Student/staff user satisfaction surveys will be implemented for both the Fitness Centre and Pickleball Interest Group.</p> <p>Achieve consistent participation in the open gym and strength & conditioning programs, maintaining an average attendance of at least 10 students per session</p> <p>Expand the Pickleball Interest Group capacity to 30 students, with flexible implementation across regular PE lessons and designated school activity days where appropriate.</p>	<p>Approximately \$2,600 Approximately \$8,000 Approximately \$8,000 Approximately \$1,500 Approximately \$1,000</p> <p>Approximately \$5,000</p>

	<p>require a large amount of space (half a badminton court) and can be set up anywhere with a flat surface. With 20 students already expressing direct interest to the Sports Director, this initiative also doubles as a potential activity for in-school staff development.</p> <ol style="list-style-type: none"> 1. Rackets x40 2. Balls x40 3. Net x4 		<p>Approximately \$6,000 Approximately \$200 Approximately \$3,000</p> <p>Total: \$45000</p>
<p>Total budget: \$110,334</p>			