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18th October 2021

'Inter-house Fitness & Games Day' – Activity Notice (Amendment)

Dear Parent/Guardian,

In accordance to the Hong Kong Government's advice to avoid large-scale activities in public areas for the prevention of COVID-19, we have decided to postpone the annual sports day to the second semester. Alternatively, we have scheduled 4th November 2021 as 'Inter-house Fitness & Games Day', moving the sports activities from the sportsground to the school. The aim of this activity day is to promote the importance of healthy lifestyle and increase our students' sense of belonging.

On 4th November 2021, all students should arrive at school by 8:05 a.m., same as the arrival time on our current timetable. They are encouraged to join at least one activity (3 on 3 basketball, dodgebee, table-tennis and indoor cycling). In addition, there will be a normal school day on 5th November 2021. For more details, please see the attachment.

Thank you.

Yours faithfully,

Mr. Stephen Li Tak-fai
Principal

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Remarks:

1. Students must wear their P.E. uniform to school since they are not advised to use the school changing room under the circumstance of COVID-19.
2. Students must attend all sports programmes on the day of the event. If your child is physically unfit to take part in any of the sports activities, submission of a parent's letter is required. Despite being exempt from doing sports, your child should still attend and sit for all lessons.
3. Students must have their masks on throughout the sports activities. They are advised to bring a spare mask.

4. Students should bring their own water to avoid dehydration.

'Inter-house Fitness & Games Day' – Notes & Rundown

A. Students are divided into junior grade (F1 to F3) and senior grade (F4 to 6) for inter-house competitions.

B. Competition items, number restrictions and rules:

1. Inter-House 3 on 3 basketball match: 3 players, and 3 reserve players
   Each game consists of 10 minutes and is played in half court. Two points is awarded for each goal inside the field goal area and three points is awarded outside the field goal area, and one point is awarded for free throw. One-minute overtimes are used in case of ties. If the scores are still the same, the team who score first will win the game. No timeout, only stop the watch during substitution time. After team A scores, team B will serve from outside the 3-point line. If it succeeds in gaining possession of the ball, the ball must be taken away from the 3-point line to attack.
2. Inter-House Dodgebee (Frisbee) competition: 10 players, 10 reserve players
   Each game consists of 10 minutes. Volleyball court lines will be used for the games. If a player was hit in the infield area, he or she need go to the outfield area and continue to attack. The team will win when the team hit all the opponents. One-minute overtimes are used in case of ties. If the scores are still the same, the team that hit opponent first will win the game.
3. Inter-House Indoor Cycling competition: 6 players
   All participants will ride 5 minutes for indoor cycling power test(FTP). After the competition, the scores of all players will be added together, and the team with the highest score will be the winner.
4. Inter-House table-tennis competition: 3 players, 3 reserve players
   The game uses an 11-point system, with 3 players in each team playing single matches.
5. Each student can only sign up for a maximum of 2 events. Only one event can be signed up for the competitions that are held at the same time.
6. All competitions are open to both boys and girls, and are conducted in a mixed-gender form.

C. Schedule

Time	Junior Grade Events (Location)	Senior Grade Events (Location)
8:30 am – 10:30 am	Junior 3 on 3 basketball match Junior Dodgebee (Frisbee) competition (Playground)	Senior Indoor Cycling competition Senior table-tennis competition Hall
10:30 am – 11:00 am	Recess	
11:00 am – 12:55 pm	Junior Indoor Cycling competition Junior table-tennis competition (Hall)	Senior 3 on 3 basketball match Senior Dodgebee (Frisbee) competitio (Playground)

D. Order of Competition

3 on 3 basketball competition (cover playground) and Dodgebee (Frisbee) competition (playground)

1st match	Paul (Red) vs Gregory (Yellow)
2nd match	Leo (Blue) vs Michael (Green)
3rd match	Paul (Red) vs Michael (Green)
4th match	Paul (Red) vs Leo (Blue)
5th match	Gregory (Yellow) vs Leo (Blue)
6th match	Gregory (Yellow) vs Michael (Green)

Table-tennis competition (Hall)

Order	Table A	Table B
1st match	Paul (Red) vs Gregory (Yellow)	Leo (Blue) vs Michael (Green)
2nd match	Paul (Red) vs Michael (Green)	Gregory (Yellow) vs Leo (Blue)
3rd match	Paul (Red) vs Leo (Blue)	Gregory (Yellow) vs Michael (Green)

Indoor Cycling (Hall)

1st match	Player 1 and Player 2 of each House
2nd match	Player 3 and Player 4 of each House
3rd match	Player 5 and Player 6 of each House

E. Awards

1. A medal will be awarded to the champion, second runner-up, and third runner-up of each event.
2. There will be a champion, a second runner-up and a third runner-up for each grade, and a flag will be awarded.
3. Inter-House overall championship: Adding up the scores of the senior grade and the junior grade, the House with the highest score will win, and a flag will be awarded.
4. Scoring method for Inter-House overall championship: 5 points will be awarded to champion, 3 points for the first runner-up, 2 points for the second runner-up, and 1 point for the third runner-up in each event.