



漢華中學
HON WAH COLLEGE

Physical Education

體育科

Like the past, the curriculum of Physical Education (PE) this year is also based on the principle of diversified learning, to let students have more fun in the PE lessons. In this year, martial arts exercise classes are introduced to all grades that students could learn martial arts to help cultivate their personal character, as well as to experience national education and know about the Chinese culture in the process, while all students have participated in the School Martial Arts Exercise Video Competition and won the championship in the secondary school section.

In addition, the gymnasium in school has been renovated this year to include a number of technological and trendy fitness equipment, which is open to students on a regular basis, encouraging them to do more exercise in their spare time for better physical health.

For the School Physical Fitness Award Scheme 2022/23, a total of 309 students achieved Gold Certificates, while 184 Silver Certificates and 79 Bronze Certificates, also winning the Fitness School Bronze Award and the Fitness Promoting School Award as well.



School Team Experiential Activities in S1
Bridging Course
中一適應課校隊體驗活動



Winning the Championship in the School Martial
Arts Exercise Video Competition (Secondary
School Section)
武藝操影片比賽中奪得中學組冠軍



Thai Boxing Trial Class
泰拳體驗課

今年的體育科課程一如既往，貫徹多元化學習的原則，讓同學於上體育課時得到更大的樂趣，今年各級也加入了武藝操課堂，各級學生透過學習武藝操有助個人品德的培養，亦讓學生在過程中體驗國民教育，認識中國文化，全校學生今年度更參與了校際武藝操大賽校園武藝操影片比賽，勇奪中學組的冠軍。

此外，學校的體身室今年亦重新裝修了，加入了不少科技及潮流的健身器材，定期開放給學生使用，鼓勵同學於空閒時多做運動，強健體格。

2022 及 23 年的學校體適能獎勵計劃，共有 309 位學生取得金獎證書、184 位學生取得銀獎證書及 79 位學生取得銅獎證書，更奪得至 fit 校園銅獎及活動校園推動獎。



Participating in the National Day Martial Arts
Exercise Gala
參加慶祝國慶武藝操大匯演



Sport Climbing Class
運動攀登課堂