

8. Physical Education

Mrs. R. Santos

The PE department is very proud of our students who have had a very successful and busy year.

The HKDSE PE, now in its thirteenth year, continues to motivate, inspire and support our student in gaining the required academic qualifications to pursue higher education in University.

To better assist girls in achieving their plans and goals for their future studies, in October 2023, our department co-organised sessions with lecturers and speakers from universities. These sessions aimed to engage with our S6 girls, as well as those interested, to discuss choice selection and the application process. Our girls found the talks very helpful as they understood more about the different requirements for their future studies and development.

In our general Physical Education classes, we encourage our girls to consistently strengthen their immune systems through daily exercise and cultivate an active, healthy lifestyle. The girls actively engage in PE lessons and demonstrate enthusiastic participation in the Inter-house Sports competitions.

Enhanced sports facilities on our campus, coupled with the generous support of the Kowloon Cricket Club in providing venues for our sports activities and specialised skills tests, have enabled us to optimise our teaching and training results. Additionally, a new Cricket class was established for a group of girls who demonstrated interest in the sport.

To help students further explore interest in various sports activities, we introduced Tenpin Bowling courses for S1 and S3 girls and Rugby Sevens demonstration courses for S1 girls. We organised OLP sports programmes such as Dragon Boat, Bowling and Archery courses. The students demonstrated keen interest and thoroughly enjoyed these activities. With increasing interest and dedicated practice, they could enhance their skills and potentially represent the school in competitions. Some participants in these activities were selected to compete in inter-school Archery, Bowling and Dragon Boat competitions, achieving highly commendable results.

With the formal end of all social distancing measures and full participation, our two major annual whole-school events – the Inter-house Swimming Gala and Inter-house Athletics Meet – were successfully held in the first and second terms respectively.

Despite the cancellation of our Swimming Gala Heats on 8th September at the Kwun Tong Swimming Pool due to the Black Rainstorm Warning Signal, quick adjustments were made with the collective effort of all department members. As a result, our Swimming Gala finals were successfully conducted at the Kowloon Park Swimming Pool on 11 September 2023.

The Inter-house Athletics Heats and Finals took place at Wan Chai Sportsground on 23 January and 8 February respectively. Despite rainy weather and a chilly 7 degrees on the day of the finals, spectators energetically cheered on their athletes, encouraging them to perform at their best. House members joyfully presented their track dances during the Cheering competitions. Representatives from DOGA joined us by participating in the 400m Fun Walk, adding to the excitement as students and staff came together to celebrate this memorable occasion. Girls dressed in various costumes, creating fun and cherished memories. Everyone dedicated their strength and effort to completing different tasks, contributing to the overall success of the event.

In January 2024, arrangements were made for athletes to participate in a talk and a practical session led by Ms. Lau Cheuk Chi Bonnie, a former HK triathlete who currently serves as a physiotherapist at the Hong Kong Sports Institute. She shared her expertise on preventing sports injuries and recovery training. The students greatly enjoyed the session, engaging in extensive discussions with the speaker and making numerous inquiries. They found the information useful and practical as they could apply what they had learned to their subsequent training and competitions.

In March 2024, an old girl studying at the Baptist University of Hong Kong joined us for a six-week internship. Our department members exchanged valuable insights and ideas regarding teaching and learning, particularly focusing on enhancing students' fitness levels to promote a healthy lifestyle.

In June 2024, a significant moment for STEM Education in Sport took place with the presence of Prof. Christopher Chao, Vice President (Research and Innovation) at PolyU, and Mrs Hynn Ming YEH, a DGS School Council Member. PolyU and DGS signed a memorandum of understanding for AI Swimtech. The agreement was signed by Prof. Ming ZHANG, Director of RISports, and Mrs Stella Lau, Headmistress of DGS, to enhance swimmers' performance. Swimmers participating in the project gained valuable experiences. They noted that the utilisation of advanced technology providing reliable, accurate and immediate feedback allowed them to pinpoint areas for improvement with concrete evidence, supporting alternative methods of teaching and learning.

This year, our girls actively participated and achieved commendable results in competitions organised by HKSSF and other sports associations. Teachers, coaches, alumnae, captains and team members dedicated their best efforts which led to highly encouraging outcomes.

Over 30% of our students registered with the Hong Kong Schools Sports Federation to compete in inter-school, Jing Ying and All Hong Kong events. Our girls participated in 23 inter-school competitions and attained encouraging results. We emerged as champions in eight inter-school sports competitions and secured the runner-up or first runner-up positions in six other sports teams. Once again, we clinched the championship titles in Athletics, Cross-country, Fencing, Indoor Rowing, Life-saving, Swimming, Squash and Tennis. Our Swimming Team and Athletics Team have won the Championships for the thirty-fifth and sixteenth consecutive year respectively. The Orienteering Team claimed the championship, while the Modern Dance Teams achieved remarkable results this year, earning the team the Honours Award.

It is noteworthy that our school achieved a remarkable feat by securing the Grand Slam in the Inter-school Swimming competition. Through the collaborative efforts and dedication of various stakeholders, our athletes not only upheld their skills but also exhibited exceptional stamina, enabling them to break several inter-school records.

We are glad to announce that our girls achieved very good results in eight of the Hong Kong Schools Jing Ying Competitions organised by the HKSSF this year. For details of inter-school competitions and Jing Ying Tournament, please refer to Tables 1 and 2.

Eight of our students were awarded the Outstanding Athlete Awards:

Chueng Hoi Yan (Sports Girl), Lo Pui Yin Chloe (Rising Star), Pak Hoi Man Chloe (Athletics), Sze Yan Chi (Fencing), Leung Wing Tsun Rachel (Indoor rowing), Leung Ka Huen (Squash), Ma Gilaine (Swimming) and Lai Ching Laam (Tennis). Eight other students received the Grantham Foundation Fund Outstanding Student Athlete Awards: Ma Gilaine (Ten Sports Excellence), Lai Hiu Ching (Gymnastics), Cheung Hoi Yan (Handball), Uhi Viviana Marise (Indoor rowing), Fung Suet Ying (Life saving), Kwong Ena (Squash), Lam Chelsie (Swimming) and Yeung Tsz Lam (Tennis). More than 40 of our students were celebrated for their outstanding athletic achievements and proudly represented Hong Kong in a range of international competitions. Please see Table 5 for relevant information.

Additionally, we take immense pride in congratulating four athletes from the DGS community – Cheung Sum Yuet Cindy, Tam Hoi Lam, Lo Sin Yan Happy and Lee Ho Ching who represented Hong Kong at the prestigious Paris 2024 Olympic Games, showcasing their talents alongside the world's elite athletes on the grand stage of the Olympics. We are also delighted to share that Miss Coco Lin has made a remarkable transition, evolving from an Olympic fencing representative at the 2020 Tokyo Olympics to establishing herself as a highly accomplished sports commentator in fencing at the 2024 Paris Olympics.

In preparation for the upcoming challenges, students participated in an extensive range of summer sports team training programmes throughout July and August. These included Athletics, Archery, Badminton,

Basketball, Beach Volleyball, Bowling, Fencing, Handball, Hockey, Netball, Rugby Sevens, Squash, Swimming, Life-saving, Table Tennis and Volleyball. These enriching experiences not only enhanced the girls' skills but also equipped them well for the future. Above all, we strive to instill confidence and competence in our students, empowering them to surpass their own expectations and excel in the long run through physical activities.

This year, our department is delighted to announce that 13 DGS girls have been chosen to represent DGS at the 20th ISF Gymnasiade in Athletics or Swimming, scheduled to take place in Manama, Bahrain, in October 2024. We extend our best wishes to them as they prepare for these forthcoming competitions and the challenges they will bring. For further information, please refer to Table 5.

To end this report, I would like to extend my heartfelt gratitude to the Headmistress for her unwavering support in all the sports activities. I would also like to take this opportunity to thank the School Council, the P.T.A., the DOGA, my teammates, Mr. H.Y. Li, Miss N. Ng and Miss S. Lo, teachers-in-charge of all sports teams, coaches, captains, committee members and sports team members of the School for their great dedication and consistent support, without which the PE department could not have carried out so smoothly and successfully all the sports activities throughout the year.

Table 1

2023-2024	Event	Division / Open	A	B	C	Overall	Organization
1	Archery	Open	7th	12th	5th	6th	HKSSF
2	Athletics	I	1st	2nd	2nd	1st	HKSSF
3	Badminton	I	4th	4th	2nd	4th	HKSSF
4	Basketball*	I	2nd	9th	2nd	2nd	HKSSF
5	Beach Volleyball	I	Senior:7th ; Junior: 1st			3rd	HKSSF
6	Cross-country	I	1st	3rd	5th	1st	HKSSF
7a	Dance (Modern)	Open	Honours Award			/	Non-HKSSF
7b	Dance (Chinese)	Open	Highly Commended Award			/	Non-HKSSF
8	Dodgeball	Open	3rd			/	Non-HKSSF
9	Dragon Boat	Open	Standard Boat: 1st	Small Boat: 1st		/	Non-HKSSF
10	Fencing	Open	Foil: 1st	Epee': 2nd	Sabra: 3rd	1st	HKSSF
11	Handball	Open	2nd		3rd	2nd	HKSSF
12	Hockey	Open	5th		5th	/	HKSSF
13	Indoor Rowing	Open	1st	1st	1st	1st	HKSSF
14	Life-saving	Open	1st		1st	1st	HKSSF
15	Netball	Open	5th	6th	7th	6th	HKSSF
16	Orienteering*	Open	2nd	1st	1st	1st	Non-HKSSF
17	Squash	Open	/			1st	HKSSF
18	Swimming	I	1st	1st	1st	1st	HKSSF
19	Table-tennis	I	2nd	1st	2nd	2nd	HKSSF
20	Tennis	I	/			1st	HKSSF
21	Tenpin Bowling	Open	/			3rd	HKSSF
22	Volleyball	I	4th	2nd	3rd	2nd	HKSSF
23	Rugby Sevens	Open	/	7th	3rd	/	HKSSF

*Hong Kong Inter-school Sprint Orienteering Championships

Table 2**All Hong Kong Schools Jing Ying Tournament 2023-2024**

	HKSSF Jing Ying Competitions	Results
1	All Hong Kong Schools Jing Ying Athletics (Team) Tournament	1 st
2	All Hong Kong Schools Jing Ying Badminton Tournament (Team)	1 st
3	All Hong Kong Schools Jing Ying Basketball Tournament (Team)	3 rd
4	All HK Inter-Secondary Schools 3x3 Basketball Marathon (Senior Team)	3 rd
5	All Hong Kong Schools Jing Ying Cross Country (Team) Tournament	3 rd
6	All Hong Kong Schools Jing Ying Handball Tournament	3 rd
7	All Hong Kong Schools Jing Ying Table Tennis Tournament	Singles: 2 nd & 3 rd Doubles: 2 nd
8	All Hong Kong Jing Ying Schools Volleyball Tournament	4 th

Table 3**The Hong Kong Schools Sports Federation****BOCHK Bauhinia Outstanding Athlete Award & Grantham Outstanding Student Athlete Awards**

BOCHK Bauhinia Outstanding Athlete Award	
Sportsgirl	Chueng Hoi Yan
Rising Star	Lo Pui Yin Chloe
Athletics	Pak Hoi Man Chloe
Fencing	Sze Yan Chi
Indoor rowing	Leung Wing Tsun Rachel
Squash	Leung Ka Huen
Swimming	Ma Gilaine
Tennis	Lai Ching Laam
BOCHK Bauhinia Bowl Award	Second

Grantham Outstanding Student Athlete Awards	
Ten Sports Excellence	Ma Gilaine
Gymnastics	Lai Hiu Ching
Handball	Cheung Hoi Yan
Indoor rowing	Uhi Viviana Marise
Life saving	Fung Suet Ying
Squash	Kwong Ena
Swimming	Lam Chelsie
Tennis	Yeung Tsz Lam

Table 4**Other Sports Awards**

1	A.S. Watson Group Hong Kong Student Sports Awards	Sze Yan Chi
2	South China Morning Post The Student of the Year Awards (Sportsperson)	Pak Hoi Man

Table 5**Interport, Overseas Competitions and Other Events
The Schools Sports Federation of Hong Kong, China**

Date	Event	Venue	Selected Participating List
24 June - 2 July 2024	ISF World School Basketball Championshi	Macao	Cheung Hoi Yan
26 Aug - 1 Sep 2024	8th Asian School Badminton Championshi	Semarang	Miu Man Fong
24 Oct - 30 Oct 2024	20th ISF Gymnasiade – Athletics	Manama, Bahrain	Chow Chi Kiu
			Karlsson Jane Christa Ming Suet
			Wo Hoi Yiu Richelle
			Yang Zhichu
			Yiu Hong Ching Katelyn
24 Oct - 30 Oct 2024	20th ISF Gymnasiade – Swimming	Manama, Bahrain	Chan Yuk Yan
			Ho So Wai
			Lam Chelsie
			Leung Wing Tsun Rache
			Ma Gilaine
			Ma Tsz Tsing Ashley
			Ng Cheuk Yan
			Poon Lok Yan