

8. Physical Education

Mrs. R. Santos

With a formal end of all social distancing measures in March 2023, our department has had another challenging and enriching year with all sports activities resuming according to a special time-table. Despite a packed schedule, our department successfully organised a wide range of activities and resumed normalcy by implementing diverse teaching and learning methods. We were finally able to experience a near-normal school year. The school continued to motivate, inspire and support our girls through different means. Our HKDSE PE girls surpassed expectations with their excellent learning and adaptive abilities, successfully attaining the necessary academic qualifications to pursue higher education in various universities. This marks the twelfth year of offering the course at DGS.

With the ongoing effect caused by Covid-19 from September to March, schools were advised to implement the recommended measures for conducting PE lessons and organising co-curricular physical activities, resulting in minimal impact on our school community. Our school adopted the hybrid mode in which our HKDSE PE programme continued through online classes as well as face-to-face classes.

For general PE classes, with our adjusted school-based curriculum, we encouraged our girls to stay healthy through daily exercise and developing an active and healthy lifestyle with various e-learning resources and strategies. Girls took part fully during PE lessons and participated well in the Inter-house Sports competitions. To allow students to further explore interest in sports activities, we introduced the Skateboard Taster programme for all S1 and Rugby Sevens demonstration courses for Pre-S1 girls. We had a group of girls showing interest in Cricket too. OLP sports programmes such as Dragon Boat, Bowling and Archery courses were organised and students exhibited enthusiasm and active participation. Some, with sufficient practice and sustained interest, further developed their skills and represented the school in competitions, including the inter-school Archery and Bowling competitions in the third term.

As an initiative aimed at enhancing educational outcomes through the integration of technology and sports, a Smart Swimming Laboratory was jointly developed for STEM Education in Sport by the sport scientists from PolyU and our school's PE department and IT department. A group of 50 DGS swimmers took part in this project, which aimed to enhance their skills and techniques through the use of wearable sensors by monitoring their muscle activity and investigating the effects of an auditory plyometric intervention on swimming start performance. With the reliable, accurate and immediate feedback from the advanced technology, girls can identify areas for improvement; it also provided evidence to support alternative teaching and learning methods. Girls involved were able to gain valuable experiences throughout this project.

Our two big annual whole-school events scheduled in the first term were held successfully. Girls who had received three doses of the Covid-19 vaccine (or equivalent) and possessed a blue code vaccine pass on their LeaveHomeSafe app were granted permission to attend the Swimming Gala held on 26 September at Kowloon Park Swimming Pool. Due to the improved pandemic situation, our department successfully organised the Athletics Meet on 22 and 30 November 2022. Students and staff alike were excited to return to the Wan Chai Sports Ground. Spectators enthusiastically cheered to support their athletes' best performances during the event. House members showcased their track dances as part of the Cheering competitions. Girls participated cheerfully, wearing various costumes, to create enjoyable and memorable experiences throughout the Fun Run. Evidently, our girls, especially those in S6, treasured very much the precious opportunity to take part in this annual whole-school event. Everyone put forth their best effort to complete their tasks in different roles, which contributed to the success of the programme.

In November 2022, our department invited lecturers and speakers from relevant faculties in universities to talk with S6 girls who are interested in these programmes. Students found these talks very helpful as they understood more about the different requirements for their future studies and development.

Thanks to coaches, teachers, old girls, captains and team members who all put in their best endeavours, our sports teams were able to garner very encouraging results in various competitions.

This year, over 30% of our students registered with the HKSSF to compete in inter-school events. Our outstanding achievements included capturing the championship in nine of the inter-school sports competitions and being the runner-up or the first runner-up in five others. We were once again the Champion in Athletics, Cross-country, Fencing, Life-saving, Swimming, Table tennis, Squash and Tennis. Our Swimming Team and Athletics Team achieved remarkable success in this year's competitions. The Swimming Team secured the Championships for the 34th consecutive year, while the Athletics Team claimed the title for the 15th consecutive year. Our Orienteering Team also emerged as the overall champion, and both the Modern Dance Team and the Jazz and Street Dance (Group) delivered outstanding performances, earning them the Honours Award.

It is also worth mentioning that our school captured the Grand Slam for the inter-school Athletics competitions. Thanks to the collective efforts and hard work from different stakeholders, our athletes were able to maintain their skills and stamina, resulting in the breaking of several inter-school records that had stood for over twenty years.

We are also delighted to share that our girls achieved impressive results taking part in four 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.

Due to the cancellation or postponement of certain 2022-2023 HKSSF Inter-school events and international sports competitions as a result of the Covid-19 pandemic, the BOCHK Bauhinia Bowl Overall Award and Rising Star Overall Award had to be cancelled. However, we were fortunate that in March, with the improved pandemic situation and changed government policies, the HKSSF announced the reopening of nominations for the BOCHK Bauhinia Outstanding Athlete Award and the Grantham Outstanding Student Athlete Awards. Eight of our students were awarded the Outstanding Athlete Awards: Tong Hei Tung (Archery), Liu Hoi Kiu (Fencing), UHi Viviana Marise (Indoor rowing), Cheng Pik Ching (Squash), Ma Gilaine (Swimming), Chan Shiu Lam Chelsea (Table-tennis) and Wong Lok Yan (Tennis). Tang Lok Yin received the BOCHK Rising Star Athlete Award.

Seven other students received the Grantham Foundation Fund Outstanding Student Athlete Awards: Wong Sze Yan Nicole (Fencing), Fung Suet Ying Chloe (Indoor rowing and Swimming), Chan Ying Sen (Life-saving), Leung Ka Huen (Squash), Cheung wing Yin (Table-tennis), Lai Ching Laam (Tennis). To Wing Yan was the Sportsgirl. Over 30 of our students were recognised for their sporting excellence and they represented Hong Kong to participate in various international competitions.

To prepare for the upcoming challenges, throughout July and August, students were engaged in a wide variety of summer training programmes for various sports teams, namely Athletics, Archery, Badminton, Basketball, Beach Volleyball, Bowling, Dance, Fencing, Handball, Hockey, Netball, Rugby Sevens, Squash, Swimming, Life-saving, Table-tennis and Volleyball. Indeed, these were not only treasurable and memorable experiences, but through such intensive training, our girls had also equipped themselves with the necessarily skills for competitions. The training, on top of the regular physical activities from which they built their confidence and competence, allowed them to outperform themselves and others in the long run!

This year, our department is pleased to share that 13 DGS girls were selected for the 1st Student (Youth) Games of the People's Republic of China, which will be held in Guangxi, China in November 2023. We wish them all the best in preparing for the competition. For details, please see Table 3.

To end this report, I would like to extend my heartfelt gratitude to our 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 and Miss N. Ng, teachers-in-charge of all sports teams, coaches, captains, committee members and sports team members of the School for their great dedication and constant support, without which the PE department could not have carried out all the sports activities so smoothly and successfully throughout the year.

Table 1

2022-2023	Event	Division / Open	A	B	C	Overall	Organisation
1	Archery	Open	2nd	6th	2nd	2nd	HKSSF
2	Athletics	I	1st	1st	1st	1st	HKSSF
3	Badminton	I	4th	4th	3rd	4th	HKSSF
4	Basketball*	I	3rd	2nd	3rd	2nd	HKSSF
5	Beach Volleyball	I	3rd	2nd		2nd	HKSSF
6	Cross-country	I	1st	1st	5th	1st	HKSSF
7a	Dance (Modern)	Open	Honours Award			/	Non-HKSSF
7b	Dance (Chinese)	Open	Honours Award			/	Non-HKSSF
8	Dodgeball	Open	/			/	Non-HKSSF
9	Dragon Boat	Open	Standard Boat: N.A.		Small Boat: 2nd	/	Non-HKSSF
10	Fencing	Open	Foil: 1st	Epee': 3rd	Sabra: 2nd	1st	HKSSF
11	Handball	Open	2nd		2nd	2nd	HKSSF
12	Hockey	Open	3rd		2nd	/	HKSSF
13	Indoor Rowing*	Open	/	/	/	/	HKSSF
14	Life-saving	Open	1st		1st	1st	HKSSF
15	Netball	Open	5th	5th	7th	6th	HKSSF
16	Orienteering	Open	2nd	1st	1st	1st	Non-HKSSF
17	Squash	Open	/			1st	HKSSF
18	Swimming	I	1st	1st	2nd	1st	HKSSF
19	Table-tennis	I	1st	2nd	1st	1st	HKSSF
20	Tennis	I	/			1st	HKSSF
21	Tenpin Bowling	Open	/			6th	HKSSF
22	Volleyball	I	5th	5th	3rd	3rd	HKSSF
23	Rugby Sevens	Open	/	2nd	1st	/	HKSSF

BOCHK Bauhinia Outstanding Athlete Award

Archery	Tong Hei Tung
Fencing	Liu Hoi Kiu
Indoor Rowing	Uhi Viviana Marise
Swimming	Ma Gilaine
Squash	Cheng Pik Ching

Table Tennis	Chan Shiu Lam Chelsea
Tennis	Wong Lok Yan
BOCHK Rising Star Athlete Award	Tang Lok Yin

HKSSF Grantham Outstanding Student Athlete Awards

Fencing	Wong Sze Yan Nicole
Indoor Rowing	Fung Suet Ying Chloe
Lifesaving	Chan Ying Sen
Swimming	Fung Suet Ying Chloe
Squash	Leung Ka Huen
Table Tennis	Cheung Wing Yin
Tennis	Lai Ching Laam
Sportsgirl of the year	To Wing Yan

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

Event	Overall Results
All Hong Kong Schools Jing Ying Athletics (Team) Tournament	Champion
All Hong Kong Schools Jing Ying Badminton (Team) Tournament Secondary Girls – Singles Seventh place : Chan Wing Yin Secondary Girls – Doubles Seventh place : Hui Ching Yi, Hui Cheuk Yi	Sixth place
All Hong Kong Schools Jing Ying Cross Country (Team) Tournament	Third place
All Hong Kong Schools Jing Ying Handball Tournament	Second place
All Hong Kong Schools Jing Ying Table Tennis (Individual) Tournament Girls – Doubles: Fourth Place: Cheung Wing Yin, Wang Sui Ki Girls – Singles: Champion: Chan Shiu Lam Chelsea Second Place: Li Cheuk Tung Hannah	/
All Hong Kong Schools Jing Ying Volleyball Tournament All Stars Player: Li Ching	/

Table 3
The Hong Kong Schools Sports Federation
The 1st Student (Youth) Games of the People's Republic of China
5-15 Nov 2023
Guangxi, China

Event	Name	Remarks
Athletics	Karlsson Jane Christa Ming Suet	
	Pak Hoi Man Chloe	
	Chow Chi Kiu	
	Yang Zhichu	
Badminton	Chan Wing Yin	

Basketball	Wong Sum Yin Jada	Preliminary Round: 4-13 Sep 2023 (Liaoning)
Swimming	Fung Suet Ying Chloe	
	Ho Tin Wing	
	Lam Chelsie	
	Leung Wing Tsun Rachel	
	Ma Gilaine	
	Ng Cheuk Yan	
	To Wing Yan	