

## 8. Physical Education

Mrs. R. Santos

The Physical Education Department has had another busy year. Our reputation is built upon a long and successful sporting heritage and the School has received the Achievement Diploma from the International Olympic Committee, the world's highest sporting body, in recognition of its outstanding contribution to promoting the development of women and girls in sports. In the meantime, our HKDSE PE course, now in its eighth year of being offered at DGS, continues to motivate, inspire and support our girls in gaining the required academic qualifications to pursue higher education.

To encourage our girls to try out a wider range of sports skills and knowledge in developing an active and healthy lifestyle, our S4, S5 and S6 girls have had a number of opportunities to undertake very different challenges in rock climbing, squash and bowling lessons outside the school campus. Students learnt to nurture balanced development in the five virtues of sports i.e. 'ethics, intellect, physical development, social skills and aesthetics' and work together in expanding their own personal limits. We would like to extend our thanks to The Kowloon Cricket Club who kindly allowed us to use their venue for our lessons, training and specific skills tests. We were able to plan and implement different sports program to broaden students' horizons.

To enable girls to implement "Health and fitness", teacher and coaches can track the girls' heart rate efficiently with the help of the newly purchased Optical Heart Rate Sensors. With some popular fitness apps, data such as the live heart rate are displayed on the screen of their iPads and phones. Such data can be easily be transferred via Bluetooth for better monitoring and analysis. Because of this scientific approach, our girls' training outcomes are enhanced since they are able to quantify how hard they have been working out physically and adjust their fitness regime for the best results. Workshops and practical sessions were organized for all S1 during their post exam activities to introduce them to the programs. Girls benefited from using an array of digital gadgets to collect and record their own fitness data. Our girls have done well and found the process enjoyable.

We are extremely delighted to have our Deputy Heads, Mr. S.K. Lam, Mr. J Oddie and Dr. A. Cheung as well as our Athletics coaches, Mr. H.S. Tang, Mr. C.W. Chan, Mr. N.S. Lo and Mr. K.Y. Leung as our Guests of Honour to attend and present prizes to our young swimmers and athletes during our Inter-house Swimming Gala in September and Athletics Meet in November 2018.

On 21<sup>st</sup> Nov and 22<sup>nd</sup> Nov 2018, a group of girls of the Saint Paul's School volleyball team from US came to visit DGS for an exchange program. The students enjoyed these friendly matches and the informal sharing and discussions tremendously. The program has been well received by girls from both schools alike. We look forward to further fruitful exchanges in future years to come!

Over 80 Fencing Team & Club members and Sports Captains of DGS & DGJS attended a talk and practical session held on 13<sup>th</sup> February, 2019 by Valentina Vezzali, the first fencer in Olympic history to win three Individual Foil gold medals at three consecutive Olympics – Sydney 2000, Athens 2004 and Beijing 2008. During the talk, girls were extremely delighted to have Valentina sharing her personal experiences in various international competitions, particularly appreciating her advice and life lessons on the correct attitude to adopt when training and facing competitions. On top of that, through the practical session with Valentina, our girls acquired some very valuable and specific strategies which they found immediately applicable to their future training and competitions.

On 20<sup>th</sup> June 2019, Basketball Team members of both DGS and DGJS attended a sharing session with CJ McCollum, an NBA star. The students enjoyed the session immensely, as they were able to have a good dialogue with him and take many memorable photos.

This year, over 40% of our student registered with the Hong Kong Schools Sports Federation to compete in inter-school events. Our girls took part in 23 inter-school competitions and achieved encouraging results. We were the champion in five inter-school sports competitions and the runner-up in eleven other sports

team. We were once again the Champion in Athletics, Fencing, Swimming, Squash and Tennis. Our Swimming Team and Athletics Team won the Championships for the thirtieth-first and thirteenth consecutive year respectively. The Chinese Dance Team also clinched the Honours Award.

Overall, we were the first runner-up in the BOCHK Bauhinia Bowl Award and we won the BOCHK Rising Star Award for the tenth year. Four of our students were awarded the Outstanding Athlete Awards: Fan Linna (Fencing), Wong Hoi Ki Jenny (Tennis), Wong Sze Ting (Swimming) and Fung On Ying Adele (Squash). Lau Ping Yi Audrey received the BOCHK Rising Star Athlete Award. Over 30 of our students were recognized for their sporting excellence and they represented Hong Kong to participate in various international competitions.

Seven students received the Grantham Foundation Fund Outstanding Student Athlete Awards: Chiu Bui Lam Pearlle (Archery), Cheng Sin Yan Happy Serena (Badminton), Chung Yan Yuet Jeanie (Gymnastics), Ho Nam Wai (Indoor rowing & Swimming), Cheung Hoi Lam (Life-saving), Leong Justine Sophie Kwan Tung (Tennis), and Hong Shek Ning Sharen (Tenpin Bowling). Lam Nori was one of the recipients of the Ten Sport Excellence Awards. Our swimmer, Ho Nam Wai, was named the Student of the Year Award (Sportsperson), co-organized by the South China Morning Post and the Hong Kong Jockey Club.

This year, a total of 8 inter-house competitions were organized, including Athletics, Badminton, Basketball, Cross-country, Skipping, Dodgeball, Indoor-rowing and Swimming. The Archery, Athletics, Badminton, Basketball, Cross-country, Fencing, Handball, Hockey, Netball, Swimming, Life-saving, Table-tennis and Volleyball had regular training throughout the summer holidays. The Athletics, Badminton, and Handball Teams had also arranged some training camps in either Hong Kong or overseas throughout the year.

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 like to take this opportunity to thank the School Council, the P.T.A., my teammates, Mr. H.Y. Li and Ms. S. Leung, teachers-in-charge, coaches, captains, committee members and members of the School for their great dedication and consistent support, without whom the PE Department could not have managed so smoothly and successfully the numerous sports activities throughout the year.

### **Inter-school results 2018-19**

	<b>Event</b>	<b>Division / Open</b>	<b>A</b>	<b>B</b>	<b>C</b>	<b>Overall</b>	<b>Organization</b>
1	Archery	Open	2nd	1st	2nd	2nd	HKSSF
2	Athletics	I	2nd	1st	1st	1st	HKSSF
3	Badminton	I	2nd	3rd	4th	3rd	HKSSF
4	Basketball	I	5th	2nd	2nd	2nd	HKSSF
5	Beach Volleyball	I	5th	3rd		3rd	HKSSF
6	Cross-country	I	3rd	2nd	2nd	2nd	HKSSF
7a	Dance (Modern)	Open	Highly Commended Award			/	Non-HKSSF
7b	Dance (Chinese)	Open	Honours Award			/	Non-HKSSF
8	Dodgeball	Open	/			2nd	Non-HKSSF
9	Dragon Boat	Open	Standard Boat: 2nd Small Boat: 3rd			/	Non-HKSSF
10	Fencing	Open	Foil: 1st	Epee': 3rd	Sabra: 1st	1st	HKSSF
11	Handball	Open	3rd		2nd	2nd	HKSSF
12	Hockey	Open	3rd		5th	/	HKSSF

13	Indoor Rowing	Open	1st	1st	3rd	2nd	HKSSF
14	Life-saving	Open	2nd		1st	2nd	HKSSF
15	Netball	Open	7th	5th	6th	10th	HKSSF
16	Orienteering	Open	3rd	1st	4th	2nd	Non-HKSSF
17	Squash	Open	/			1st	HKSSF
18	Swimming	I	1st	1st	1st	1st	HKSSF
19	Table-tennis	I	2nd	5th	2nd	2nd	HKSSF
20	Tennis	I	/			1st	HKSSF
21	Tenpin Bowling	Open	/			2nd	HKSSF
22	Volleyball	I	5th	1st	2nd	2nd	HKSSF
23	Rugby Sevens	Open	7th		4th	/	HKSSF

### **BOCHK Bauhinia Outstanding Athlete Award**

Fencing	FAN LINNA
Tennis	WONG HOI KI JENNY
Swimming	WONG SZE TING
Squash	FUNG ON YING ADELE
BOCHK Rising Star Athlete Award	LAU PING YI AUDREY (Swimming)
BOCHK Rising Star Award	Champion
BOCHK Bauhinia Bowl Award	Second

### **Grantham Foundation Fund Outstanding Student Athlete Award**

Archery	CHIU BUI LAM PEARLIE
Badminton	CHENG SIN YAN HAPPY SERENA
Gymnastics	CHUNG YAN YUET JEANIE
Indoor rowing	HO NAM WAI
Life-saving	CHEUNG HOI LAM
Swimming	HO NAM WAI
Tennis	LEONG JUSTINE SOPHIE KWAN TUNG
Tenpin Bowling	HONG SHEK NING SHAREN
Ten Sport Excellence Awards	LAM NORI