

## 8. Physical Education

Mrs. R. Santos

The Physical Education Department has had another busy year. Our reputation for sporting success continues to grow, while the HKDSE PE subject, now in its seventh 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 greater variety of sports, 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 school campus. Students learnt to work together in order to achieve common goals and in doing so expand their own personal boundaries. We should 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' knowledge and skills.

We are extremely delighted to have Ms. Rosanna Sze Hang Yu, an Olympic swimmer and holder of multiple records as well as our Old Girl, and Mr. Tang Kun Loi, our mentor, 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 2017.

On 17<sup>th</sup> March 2018, a group of girls participated in a talk "Unleash Your Inner Champion" by Olympic Gold Medalist DeeDee Trotter, co-organized by the Hong Kong School Sports Federation, the Hong Kong Direct Subsidy Scheme Schools Council and EF Education First held at DGS for secondary students in Hong Kong. During the talk DeeDee shared her experience of how she overcame adversity to compete in the Olympics on successive occasions. The students enjoyed the talk immensely. They had a good dialogue with the speaker and took many memorable photos. They found Dee Dee's talk very practical, particularly when she shared her inspirational story of how sports can promote a positive mindset and the correct sports values, which they found immediately applicable to their future training and competitions.

Over 400 DGS student-athletes and teachers gathered together with 11 Asian Games Representatives on a Wednesday afternoon of 27<sup>th</sup> June 2018, to lend support to Asian Games representatives from our school and to celebrate the achievements of our sports teams this year. It was an exciting Wednesday afternoon as our sports teams enjoyed the canapés. This event was well supported by past and current students on the Asian Games team, including swimmers Sze Hang Yu, Rainbow Ip, Karen Liu, Toto Wong, Ho Nam Wai and Lam Hoi Kiu; fencers Kimberly Cheung, Liu Yan Wai, Coco Lin and Karen Chang; and high-jumper Yeung Man Wai who shared their experiences in the sporting arena.

We would like to congratulate 18 former and present DGS girls who competed in various sports in Jakarta and Palembang, Indonesia during the months of August and September and achieved excellent results.

Through the joint effort of every member of the School, this year was a successful one, with 40% of our student body registered with the Hong Kong Schools Sports Federation to compete in inter-school events. This year, our girls took part in 23 inter-school competitions and achieved excellent results. We were the champion in eleven of the inter-school sports competitions and the runner-up in eight other sports team. This is the first year that we formed our Rugby team and we had very encouraging results with AB combined grade being the second runner-up and C grade coming second. The volleyball team excelled by capturing their first Overall Champion. We are so excited that the table-tennis team and the squash team had re-captured their Overall Championship title. We were once again the Champion in Athletics, Dragon Boat, Fencing, Indoor-rowing, Orienteering, Swimming, Tennis and Tenpin Bowling. Our Swimming Team, Orienteering Team, and Athletics Team

won the Championships for the thirtieth, fourteenth, and twelfth consecutive year respectively. The Modern Dance Team has 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 ninth year. Six of our students were awarded the Outstanding Athlete Awards: Chan Lok Yan (Cross-country), Fan Linna (Fencing), Lee Wing Yeung (Hockey), Avril Look (Tennis) and Ho Chiu Yee Phoebe (Tenpin Bowling). Wong Sze Ting received the BOCHK Rising Star Athlete Award. Over 40 of our students were recognized for their sporting excellence and they represented Hong Kong to participate in various international competitions.

Eight other students received the Grantham Foundation Fund Outstanding Student Athlete Awards: Leung Wing Hei (Athletics), Cheng Sin Yan Happy Serena (Badminton), Chui Hay Yan (Hockey), Chan Tsz Ching (Life-saving), Lok Hoi Man (Swimming), Lee Hoi Man Karen (Table Tennis), Leong Justine Shopie Kwan Tung (Tennis), Hong Shek Ning Sharen (Tenpin Bowling). Fan Linna was one of the recipients of the Ten Sport Excellence Awards.

This year, a total of 11 inter-house competitions were organized, including Athletics, Badminton, Basketball, Cross-country, Dodgeball, Fencing, Indoor-rowing, Netball, Table-tennis, Swimming and Volleyball. Our S3 girls had the privilege of participating in inter-class competitions for Dodgeball. The Archery, Athletics, Badminton, Basketball, Cross-country, Fencing, Handball, Hockey, Netball, Swimming, Life-saving, Table-tennis and Volleyball Teams had regular training throughout the summer holidays. The Athletics, Badminton, Basketball, Swimming and Volleyball Teams had also arranged some training camps either in 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. K. L. Tang, Ms. S. Leung and Mr. H. Y. Li, 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 carried out so smoothly and successfully the numerous sports activities throughout the year.

### Inter-school Results 2017-18

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

12	Hockey	Open	3 <sup>rd</sup>		9 <sup>th</sup>	N.A.	HKSSF
13	Indoor Rowing	Open	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	HKSSF
14	Life-saving	Open	2 <sup>nd</sup>		2 <sup>nd</sup>	2 <sup>nd</sup>	HKSSF
15	Netball	Open	7 <sup>th</sup>	8 <sup>th</sup>	7 <sup>th</sup>	11 <sup>th</sup>	HKSSF
16	Orienteering	Open	1 <sup>st</sup>	2 <sup>nd</sup>	9 <sup>th</sup>	1 <sup>st</sup>	Non-HKSSF
17	Ruby	Open	3 <sup>rd</sup>		2 <sup>nd</sup>	N.A.	HKSSF
18	Squash	Open	N.A.			1 <sup>st</sup>	HKSSF
19	Swimming	I	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	HKSSF
20	Table-tennis	I	2 <sup>nd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	HKSSF
21	Tennis	I	N.A.			1 <sup>st</sup>	HKSSF
22	Tenpin Bowling	Open	N.A.			1 <sup>st</sup>	HKSSF
23	Volleyball	I	5 <sup>th</sup>	1 <sup>st</sup>	1 <sup>st</sup>	1 <sup>st</sup>	HKSSF

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

Cross-country	Chan Lok Yan
Fencing	Fan Linna
Hockey	Lee Wing Yeung
Tennis	Look Avril
Tenpin Bowling	Ho Chiu Yee Phoebe
BOCHK Rising Star Athlete Award	Wong Sze Ting
BOCHK Rising Star Award	1 <sup>st</sup>
BOCHK Bauhinia Bowl Award	2 <sup>nd</sup>

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

Athletics	Leung Wing Hei
Badminton	Cheng Sin Yan Happy Serena
Hockey	Chui Hay Yan
Life-saving	Chan Tsz Ching
Swimming	Lok Hoi Man
Table-tennis	Lee Hoi Man Karen
Tennis	Leong Justine Shopie Kwan Tung
Tenpin Bowling	Hong Shek Ning Sharen
Ten Sport Excellence Awards	Fan Linna