

8. Physical Education

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The Physical Education Department has had another challenging year due to the ongoing COVID-19. With a change in our teaching and learning mode, our department adapted lesson plans and activities after taking into consideration the social distancing restrictions imposed and changed habits of our students. The school continues to motivate and inspire our girls through different means. With its support, together with our girls' excellent learning attitude and adapting qualities, our HKDSE PE students managed to gain the required academic qualifications to pursue higher education. The course is now in the eleventh year of being offered at DGS.

In order to prevent the spread of Coronavirus Disease 2019, our PE lessons and relating co-curricular physical activities had to be conducted through a combination of online and face-to-face classes, in accordance with the Health Advice from the Centre for Health Protection (CHP) and the Safety Guidelines on Physical Education Key Learning Area for Hong Kong Schools.

For general online PE classes, we adapted our school-based curriculum using various e-learning resources and teaching strategies to encourage our girls to continue to develop an active and healthy lifestyle and to boost their immunity through daily exercise. A wide range of sports related topics about Asian Games and Olympics were introduced and students were able to have PE lessons online by discussing sports news, watching videos, reading materials, and completing assignments in the Google Classrooms.

After class resumption, girls were able to participate fully in PE lessons as well as the Inter-house Sports Competitions. OLP programmes such as Dragon Boat, Bowling and Archery OLP courses were organised for girls to cultivate their interests through different levels of participation. Some members of the OLP courses, with their talent and ability uncovered, were selected to participate in the inter-school Archery and Bowling competitions in the third term.

As the pandemic situation improved, athletes were able to take part in some of the inter-school sports competitions, for instance, Badminton, Table-tennis, Life-saving, Squash and Tennis, before they were stopped yet again due to another wave of COVID-19.

In November 2021, our department co-organised talks and conferencing with lecturers and speakers from various universities for our S6 girls and those interested. They proved to be fruitful as students were able to understand more about the different requirements for their future studies and development in sports and sports-related fields.

Although the Swimming Gala in September had to be cancelled, as per EDB's requirement and guidelines, fortunately, with the comparatively stabilised pandemic circumstances in the first term, we were able to organise specific skills tests at school, and on top of all constraints, the Athletics Meet in Wan Chai Sportsground in November 2021.

Students and staff alike were excited to return to the Wan Chai Sports Ground to enjoy the Inter-house Athletics Heats and Finals. Spectators cheered energetically to support athletes for performing to their best, and house members presented their track dances during cheering competitions. Joyfully, girls put on different costumes to create fun and fond memories through Fun Run. Our old girls, Rosanna Sze Hang Yu, Coco Lin, Karen Tam Hoi Lam, Wong Kwan To Toto and Ho Nam Wai, who were also Tokyo Olympics representatives, formed a "Tokyo 2020" team, joined us for the invitation relay and brought to the school the highlight of the Finals Day. We were honoured to have our Track Referee, Mr. Tang Hon Sing, our Field Referee, Mr. Lo Nai Shing, serving as the Guests of Honour on Heats Day, as well as both our outgoing and incoming Supervisors, Mrs. Doris Ho and Ms. Benita Yu, as the Guests of Honour on Finals Day. Students, especially S6 girls, reflected that they treasured the opportunity to participate in this annual whole-school event. Everyone put forth his or her strength and the effort to complete different tasks, which contributed to the success of the event.

With the changing pandemic situations, schools in Hong Kong had a special vacation in March and April. Not only did our department think of various ideas in preparation for any unexpected situations, our athletes also continued to take their own initiatives to keep up their fitness level during the home-based learning period. Other than practising their dance moves at home, our dancers edited videos for planning and organising the Dance theme week, the Carpark dance, and the CLC performance. Indeed, we are grateful for these special occasions for they helped stimulate us to grow stronger and learn faster in improving our personal well-being, sports skills and fitness level within limits.

In May, more chances were given to students to take part in sports as the pandemic situation improved. Girls demonstrated well in their fitness and skills through different platforms. Our athletes garnered brilliant results in the Inter-house Indoor Rowing and Skipping Competitions that were held in the 3rd term. An Indoor Cycling Programme was held in PE classes during the post-exam period. Some girls showed interests in further developing the skills and finally they managed to complete the “Level 1 Track class” in August 2022.

Sadly, some of the 2021-2022 HKSSF Inter-school events as well as international sports competitions had been cancelled due to the COVID-19 pandemic, and therefore, the BOCHK Bauhinia Bowl Award, BOCHK Bauhinia Outstanding Athlete Award, Rising Star Award and Grantham Outstanding Student Athlete Awards were also cancelled. In this time of difficulty, however, our teachers, coaches, old girls, captains and team members still strived to plan and prepare well in all possible ways.

In the third term and during the summer, DGS participated in competitions organised by HKSSF and other sports associations and achieved encouraging results. Amongst the eight Inter-school Sports Competitions that we took part in 2021-2022, we captured the Overall Champion in five of them, namely Athletics, Life-saving, Swimming, Squash and Tennis. It is also worth mentioning that our school was the recipient of the Gland Slam for both the inter-school Athletics and Swimming competitions. Our athletes were able to maintain their skills and their stamina to break some of the inter-school records that had been upheld for over 20 years.

DGS’s outstanding achievements in sports also included being awarded the Second Overall in Inter-School Tenpin Bowling Competition and BOCHK Archery Cup, the HK Island & Kowloon Secondary Schools Section. In addition, our athletes participated in the Virtual Indoor Rowing Cup and competed in the Inter-school Basketball Marathon and both teams achieved excellent results. Moreover, both the Modern Dance Team and the Chinese Dance Team achieved remarkable results this year by clinching the Honours Award, the highest possible award contributing to the Overall Second Runner-up award in the secondary section. We were glad to announce the exceptional results that our girls obtained in all three 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.

To brush up techniques and skills of different sports teams, girls also took part in many sports competitions organised by different sports associations, namely Hang Seng All Schools Championships (Finals) 2022, HKBA Inter-School Girls Open Badminton Competition (Finals), Hong Kong Youth Volleyball Competition, All Hong Kong Secondary School Fencing Championships 2022 and many school friendly matches.

Throughout July and August, students were engaged in a wide variety of summer sports team training programmes, including Athletics, Archery, Badminton, Basketball, Beach volleyball, Bowling, Dance, Fencing, Handball, Hockey, Netball, Rugby Sevens, Squash, Swimming, Life-saving, Table-tennis and Volleyball. Indeed, by gaining all these treasurable and memorable experiences, girls have upgraded and prepared themselves well for the upcoming challenges. With this spirit, we hope our girls will be able to do physical activities with confidence and competence, and will strive to outperform themselves and others in the long run!

This year, our department is pleased to report that a total of 13 DGS girls were selected for the 18th ISF Gymnasiade, which will be held in JinJiang China in Nov and Dec 2022. Amongst the selected athletes,

DGS girls got 8 out of 12 places in Swimming, 4 out of 12 in Athletics and 1 out of 2 in Epee, and 6 in Fencing (3 weapons). We wish them all the best in preparing for the competitions and challenges. For details, Please see Table 3.

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., the DOGA, my teammates, Mr. H.Y. Li and Miss N. Ng, teachers-in-charge of all sports teams, 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 all the sports activities so smoothly and successfully throughout the year.

Table 1

2021-2022	Event	Division / Open	A	B	C	Overall	Organization
1	Archery	Open	5th	5th	2nd	2nd	HKSSF
2	Athletics	I	1st	1st	1st	1st	HKSSF
3	Badminton	I	4th	4th	4th	4th	HKSSF
4	Basketball*	I	Cancelled	Cancelled	Cancelled	Cancelled	HKSSF
5	Beach Volleyball	I	Cancelled	Cancelled		Cancelled	HKSSF
6	Cross-country	I	Cancelled	Cancelled	Cancelled	Cancelled	HKSSF
7a	Dance (Modern)	Open	Honours Award			/	Non-HKSSF
7b	Dance (Chinese)	Open	Honours Award			/	Non-HKSSF
8	Dodgeball	Open	/			Cancelled	Non-HKSSF
9	Dragon Boat	Open	Standard Boat: Cancelled		Small Boat: Cancelled	/	Non-HKSSF
10	Fencing	Open	Foil: Cancelled	Epee: Cancelled	Sabra: Cancelled	Cancelled	HKSSF
11	Handball	Open	Cancelled		Cancelled	Cancelled	HKSSF
12	Hockey	Open	Cancelled		Cancelled	/	HKSSF
13	Indoor Rowing*	Open	/	/	/	/	HKSSF
14	Life-saving	Open	1st		1st	1st	HKSSF
15	Netball	Open	Cancelled	Cancelled	Cancelled	Cancelled	HKSSF
16	Orienteering	Open	Cancelled	Cancelled	Cancelled	Cancelled	Non-HKSSF
17	Squash	Open	1st			1st	HKSSF
18	Swimming	I	1st	1st	1st	1st	HKSSF
19	Table-tennis	I	Senior: 1st		Junior: 3rd	/	HKSSF
20	Tennis	I	/			1st	HKSSF
21	Tenpin Bowling	Open	/			2nd	HKSSF
22	Volleyball	I	Cancelled	Cancelled	Cancelled	Cancelled	HKSSF
23	Rugby Sevens	Open	Cancelled		Cancelled	/	HKSSF

Table 2
All Hong Kong Schools Jing Ying Tournament

2021/22	Event	Individual / Team	Name	Event	Results
1	Table Tennis	Individual	Luk Sze Yu	Single	Champion
			Hannah Li	Single	Second
2	Badminton	Individual	Joan Lee	Single	Third
3	Athletics	Team		Girls Overall Champion	
			Karlsson Jane Christa Ming Suet	400M	Champion
			Man Ho Lam Hina	Discus	Champion
			Huang Zhi Xun Iris	100m Hurdles	Second
			Hong Wing Lam Chloe	Shot Put	Second
			Tang Cheuk Man Serena	100M	Fourth
			Wu Ying Qiao	200M	Fourth
			Cheuk Nim Yan	400M	Fourth
http://www.hkssf-ext.org.hk/external/Past%20Results/Jing%20Ying/JY%2021%20-%2022/JY2122_Past%20Results_All%20event.pdf					

Table 3
The Hong Kong Schools Sports Federation
18th ISF Gymnasiade
JinJiang, China

Event	Dates	Name	Total No. of selected participants
Athletics	26/11-3/12/2022	Karlsson jane Christa Ming Suet	12
		Pak Hoi Man Chloe	
		Tang Cheuk Man Serena	
		Yang Zhichu	
Fencing (Epee)	16/11-3/12/2022	Wong Sze Yan Nicole	3 events (2@)
Swimming	26/11-2/12/2022	Chan Tsun Wing	12
		Cheung Hoi Lam	
		Cheung Sum Yuet Cindy	
		Fung Suet Ying Chloe	
		Hui Ka Ling	
		Leung Wingsun Rachel	
		Loo Tsz Ki Cherrie	
		To Wing Yan	