



第63屆體育節

63rd FESTIVAL OF SPORT

Festival of Sport 體育節 fos.hkolympic.org

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Press Release

【For Immediate Release】

63rd Festival of Sport – Sport for All, Together We Start OUR Fitness Journey

Hong Kong Athletes Visit School to Distribute “Activity Kits for an Active Start”

Online Prize Game to Promote “Fitness Chess”

- **Four Ambassadors and WONG Kam Po visited a school to promote Festival of Sport and distributed “Activity Kits for an Active Start” to students**
- **Free download of classic game “Fitness Chess” and win attractive prizes from online game while doing exercises at home**

(23 October 2020, Hong Kong) The 63rd Festival of Sport, organised by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) and subvented by Leisure and Cultural Services Department, is an annual local mega sport event which made its debut for a series of multi-platform activities since 7 October with an aim to encourage the public to stay active again post-COVID and “Start OUR Fitness Journey” together. This year’s Festival of Sport (FOS) also distributed over 10,000 packs of “Activity Kits for an Active Start” for Hong Kong students to encourage them to stay active and healthy after resumption of school.

Distributed over 10,000 packs of “Activity Kits for an Active Start” for primary students from 45 schools

Four FOS Ambassadors (Mr. TANG Hong Sing, Miss MA Wing Yu, Miss Sophia WU, Mr. TONG Yui Shing) and Mr. WONG Kam Po (Sports Legacy’s Programme Development Executive) visited Free Methodist

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Mei Lam Primary School today (23 October). The athletes joined the students in their P.E. classes and demonstrated several fitness exercises and play games with the students. They also presented “Activity Kits for an Active Start” to the students, which include an appealing designed folder using the theme “Sports Meet on the Table”, sets of “Fitness Teller” and “Fitness Chess” paper games with instructions. The giveaways have an objective to inspire students to do more exercises even after resumption of school. The students are encouraged to play the two paper games with their family and friends during leisure time and build up the good habit of regular exercising through games and simple fitness exercises.

Mr. Tony YUE, Chairperson of Festival of Sport Organizing Committee, was delighted to share that, “FOS is an annual local mega sport event. We hope to inspire people of all ages to participate in sports activities regularly and benefits from sports. While the public is focusing on fighting the virus in the past few months, it is of utmost important to do more exercises at this moment to stay physically strong and healthy in order to fight the future challenges. This year’s FOS used multi-platforms to promote ‘Sport for All’ for the first time. We hope we can create a greater impact to further promote the sport culture in the Hong Kong community.”

Sophia WU (Fencing) being one of the FOS Ambassadors said, “as an athlete and a student myself, I deeply understand that this is a special year for all students. The schools were suspended, and we had to change to the new mode of online learning suddenly. To relieve the pressure and stress brought by the epidemic situation and study, playing sports is the best way to train up one’s physical and mental strength for facing the challenges. Being a FOS ambassador, I hope that I can share the pleasure and benefits of doing sports to more students and to promote ‘Sport for All’.”

WONG Kam Po, well-known retired Hong Kong cyclist, said he was glad to visit the school on behalf of SF&OC and interact with the students. He said, “I was very happy to be able to play games and do exercises with the students. They were very energetic and looked like enjoying the time playing with us. The ‘Fitness Teller’ and the ‘Fitness Chess’ designed for FOS this year are suitable for playing with people of all ages. They can enjoy doing exercises by playing these two classic games. I played these games with my son at home too, which was full of fun! We hope to motivate students and the public

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to enjoy sports in a creative way, anytime and anywhere. Sports should be part of our daily life to keep us healthy and strong.”

Classic local game “Fitness Chess” and Online Game with Attractive Prizes

Following the “Fitness Teller”, FOS released another classic local game – “Fitness Chess” for public to download for free. The “Fitness Chess” is designed based on the classic “Animal Chess” but added various fitness exercises for people to play the game to train their mind and body at the same time. The free download of the two games aims to create a fun atmosphere to encourage the public to do more exercises.

In addition, the public can join the online game related to the “Fitness Chess” to win big prizes by answering the question “which animal in the “Fitness Chess” can most inspire you to do exercises?”, liking the “Festival of Sport” Facebook page and post, and leaving comment on the Facebook post and tag at least one friend. The most creative and encouraging answers will be winners of big prizes, including travel coupons, backpacks and movie tickets provided by the event sponsors. The champion can get HK\$5,000 travel coupon.

For details and the terms and conditions of the Prize Game, please visit the Festival of Sport Facebook page for details: <https://www.facebook.com/sfocfos>.

“Fitness Chess” and “Fitness Teller” can be downloaded from Festival of Sport’s website: <http://fos.hkolympic.org>.

For more information and details of FOS’ activities, please visit the Festival of Sport’s website at <http://fos.hkolympic.org> and follow our Facebook page at <https://www.facebook.com/sfocfos> for the latest updates.

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Photo Caption

Photo 1



Four FOS Ambassadors and WONG Kam Po visited Free Methodist Mei Lam Primary School today. The athletes joined the students for their P.E. classes and demonstrated several fitness exercises and play games with the students to cheer for the students for resumption of school.

Photo 2



FOS Ambassadors presented “Activity Kits for an Active Start” to the students to inspire students to do more exercises even after resumption of school and to stay strong and healthy.

Photo 3



Sophia WU (Fencing) being one of the FOS Ambassadors stated that as an athlete and a student herself, she deeply understands that this is a special year for all students. She hopes that being a FOS ambassador, she can share the pleasure and benefits of doing sports to more students and to promote “Sport for All”.

Photo 4



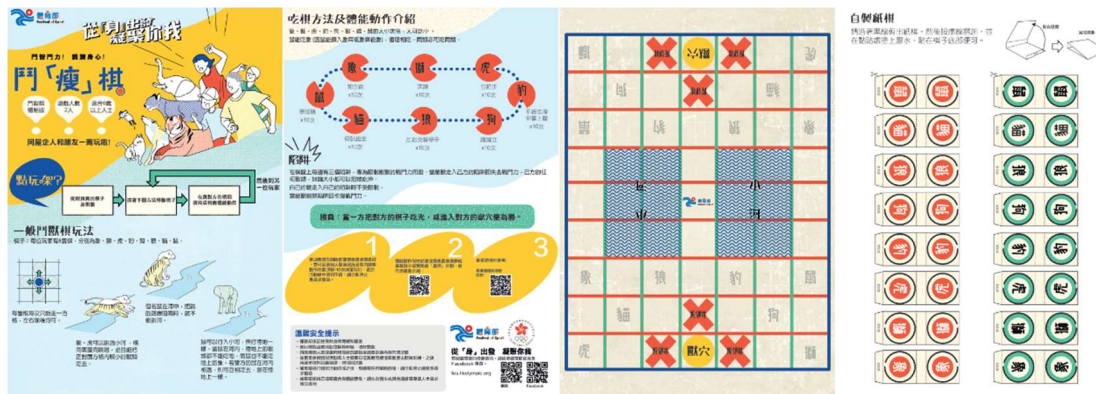
WONG Kam Po, Sports Legacy's Programme Development Executive, shared the happiness of doing sports with students and present souvenir to the school on behalf of SF&OC.

Photo 5



The "Activity Kits for an Active Start" includes an appealing designed folder using the theme "Sports Meet on the Table", sets of "Fitness Teller" and "Fitness Chess" paper games with instructions. The four Ambassadors hoped the giveaways can inspire students to do more exercises even after resumption of school. They also encouraged the students to play the two paper games with their family and friends during leisure time and build up the good habit of regular exercising through games and simple fitness exercises.

Photo 6



Following the “Fitness Teller”, FOS released another classic local game – “Fitness Chess” for public to download for free. The “Fitness Chess” is designed based on the classic “Animal Chess” but added various fitness exercises for people to play the game to train their mind and body at the same time.

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