

OLE Time Arrangement: self-checking calculation (CCC Ming Kei College)

Note: This table only illustrates a self-check exercise showing how a school's OLE programmes can satisfy the said time requirements. Undoubtedly, there are **many other** OLE related activities happening in the school to achieve whole person development. The enlisted provisions are only those arranged **for all** and **best fit** the OLE aims and expected outcomes in this self-checking calculation.

Timetabling details: 7 days/cycle; 40mins/period; 21 cycles

OLE Component(s)	School provision(s) for all	Estimated Time allocation per year (in hour)
PD	PE lesson (2 periods for S4 & 5, 1 period for S6) ¹	21.5 (average)
	Sports Day	16
	一人一體藝 ²	10
AD	Music lesson (1 period) ³	11.5 (average)
	AD related programmes and activities ⁴	25
MCE, CS, CRE	Religious period, class teacher period, assembly, chapel	51.5
	Community service ⁵	10
	Career talks and visits to university	6
		Over the suggested minimum lesson time (15% / 135 hrs)

¹ 26 hours will be allocated for S4 & 5 respectively and 8 hours for S6.

² Specific school policies will be devised to ensure students to take part in 10 hours of PD programmes / activities to complement structured learning in PE lessons. Examples include PD related programmes and activities including ECA, sports teams and competitions.

³ 13, 13, 6.5 hours will be allocated for S4, 5 and 6 respectively.

⁴ These will include a variety of AD related programmes / activities like appreciation and contests of music, art and drama that are arranged by school and provided for all.

⁵ It has been a well established practice of our school in providing a variety of service opportunities for our students (including both junior and senior forms). Since several years ago, we have set up a specific school policy in which every student is required to serve 10 hours (5 hours in school and 5 hours outside school) to promote whole person development. For community service outside school, sufficient opportunities, e.g. flag selling, tutors to elderly etc, are arranged by school. Feedback from our students has been encouraging.