



# ST. CLARE'S GIRLS' SCHOOL

50 MOUNT DAVIS ROAD,  
HONG KONG

Web Page : [www.stclare.edu.hk](http://www.stclare.edu.hk)  
E-mail : [info@stclare.edu.hk](mailto:info@stclare.edu.hk)

Tel : 2817 1764  
Fax : 2855 8420

3<sup>rd</sup> September, 2018

Dear Parents,

## Sports Elements Measuring

The P.E. Department will arrange Sports Elements Measuring for all S.1 students. The measurings include explosive force, muscle endurance, cardiopulmonary, flexibility, equipoise, agility and so on. The objectives of this programme are to measure students' athletic abilities and identify their talents in sports so as to provide them more accurate training. The details are as follows:

Class	Date	Time	Venue
1A	15 <sup>th</sup> September, 2018 (Saturday)	12:00 – 13:00	School Playground / School Covered Playground
1B		13:00 – 14:00	
1M		14:00 – 15:00	
1R		15:00 – 16:00	

All S.1 students will only have to come back to school at the specified time listed above. During the test, they should wear the School summer P.E. uniform. Also they should bring sufficient water and a towel with them. After the measurements, they will leave school on their own.

Thank you for your attention.

Yours sincerely,

Mrs. Cherry Chan  
Principal



-----Reply-Slip-----

Notice No. : 1819002

To St. Clare's Girls' School,

## Sports Elements Measuring

I hereby agree that my daughter will attend Sports Elements Measuring at school on 15<sup>th</sup> September, 2018.

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Class & Class Number

\_\_\_\_\_  
Date



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敬啟者：

## 運動元素測量

本校體育組為新中一學生安排運動元素測量，測量項目包括爆發力、肌肉耐力、心肺能力、柔韌性、平衡力和敏捷性。此次活動目的是測量學生的運動能力，找出學生的特質，從而提供最適合的運動培訓。詳情如下：

班級	日期	時間	地點
1A	15/9/2018 (星期六)	12:00 – 13:00	本校操場/有蓋操場
1B		13:00 – 14:00	
1M		14:00 – 15:00	
1R		15:00 – 16:00	

學生當日須穿着整齊夏季運動校服，帶備水和毛巾，按指定時間自行回校。測量完畢，須自行返家。

此致  
貴家長

校長陳黃碧瑜謹啟

二零一八年九月三日

