

School Physical Fitness Award Scheme

School Award Criteria

A series of school awards has been established to encourage school-based physical fitness promotion. In 2015, the *School Physical Fitness Index* (SPFI) was introduced to reflect schools' effort in promoting physical fitness. The SPFI ranges from 0 (worst) to 100 (best) and is calculated from this formula:

$$SPFI = \frac{5 \times n_{gold} + 4 \times n_{silver} + 3 \times n_{bronze} + 1 \times n_{participate}}{5 \times (Total\ number\ of\ students)} \times 100$$

The SPFI accounts for all students in the school. Each gold students contributes 5 points, silver contributes 4 points, bronze contributes 3 points, participated (data uploaded but no award) contributes 1 point. The sum of points is then divided by the total number of students in a school and a constant to scale the index properly. As a result, the SPFI should better reflect the effort of a school in promoting physical fitness.

Fittest School Award

The Fittest School Award is established to provide a recognition to schools that are outstanding in improving their students' physical fitness and health. The award is given based on the **School Physical Fitness Index**.

Award	SPFI
Gold	≥ 85
Silver	70 to 84.9
Bronze	60 to 69.9
Merit	50 to 59.9

Fitness Promoting School Award

The Fitness Promoting School Award is established to provide a recognition to schools' active participation in the scheme. The award is given based on the **proportion of fitness data uploaded** out of all students in the schools. All schools which uploaded at least 50% of their students' fitness data would be awarded the Fitness Promoting School Award.

School awards of each academic year will be based on the data uploaded on or below 15 July.