

Annual Report of ISCA-Asia 2015-2017

Let's Move Program

The Let's Move program aims to encourage young adults to be MOVE leaders to provide services for the promotion of physical activity to different target groups in the community. Fifty young adults in Hong Kong formed nine groups and served at primary schools, secondary schools, youth centers, and social agencies. They conducted education seminars in wellness such as healthy eating, exercise and health. The leaders also organized physical fitness tests and physical fitness so that participants knew more about their physical fitness level. In addition, the leaders conducted physical activity training sessions in different physical activities, such as jogging, volleyball, netball, floor hockey, aerobic gymnastics, and archery. About 1000 participants enjoyed the Let's Move program and this service learning experience was a good opportunity for the young MOVE leaders to enrich themselves.



Physical fitness training



Physical fitness test

Gymnastics for All Festival (GFA)

Gymnastics Association of Hong Kong, China has organized the Gymnastics for All Festival on May 29, 2016 and May 28, 2017. Over 5000 participants of different age groups taking part in the GFAs as performers or audiences. Participants were from Japan, Mainland China and Hong Kong. They enjoyed gymnastic movements very much and GFAs also provided opportunities for them to exchange ideas in this physical activity.



2016 GFA



2017 GFA

Recommendations on ISCA Asia activities

1. To build the network among Asian countries to share good practices in sport for all programs.
2. To establish the web site or internet communication system among Asian countries.

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