

Appendix

About the Jockey Club “Sports without Limits” Youth Empowerment Programme

The Jockey Club “Sports without Limits” Youth Empowerment Programme was launched in 2019. It targets children and young people with disabilities, including those with visual impairment, hearing impairment, physical disability and intellectual disability of mild and moderate levels. In collaboration with schools and families, the Programme aims to empower children and young people with disabilities to get physically active and healthy through APA, promoting physical and psychosocial health, and improving quality of life. The Programme also aims to advance the professional competence and practice of physical education teachers and practitioners who are working with this population group by organising workshops and seminars, and offering online resources and teaching materials, and to promote social inclusion among children and young people with or without disabilities.

For more details of the Programme, please visit:

Website: <https://sportswithoutlimits.hk>

YouTube Channel: [HKJC-CUHK Sports without Limits Channel](#)

About Global Schools and SDSN Hong Kong

Global Schools is an initiative of the United Nations’ Sustainable Development Solutions Network (SDSN) in support of UNESCO’s Global Action Programme on Education for Sustainable Development (ESD). SDSN Hong Kong mobilises across sectors including universities and research centres to emphasise practical problem solving for sustainable development.

About Adapted Physical Activity (APA)

Adapted physical activity is defined as “a cross-disciplinary body of practical and theoretical knowledge directed toward impairments, activity limitations, and participation restrictions in physical activity. It is a service delivery profession and an academic field of study that supports an attitude of acceptance of individual differences, advocates access to active lifestyles and sport, and promotes innovative and cooperative service delivery, supports, and empowerment. Adapted physical activity includes, but is not limited to, physical education, sport, recreation, dance, creative arts, nutrition, medicine, and rehabilitation.” (International Federation of Adapted Physical Activity, <https://ifapa.net/definition/>)