



Unit Co-Curriculum
Keep Fit Not Fat Programme Report
SJKC Ming Chih

1. Programme : Keep Fit Not Fat
2. Date : Since 2010
3. Day/Time : Daily / 7:00 a.m. – 7:30 a.m.
4. Venue : School field
5. Objective : Foster the achievement and maintenance of healthy weight among students
6. Number of people : 22 students from year 3 to year 5, teachers.
7. Activities :

No.	Activity
1.	Warm up – Static Stretching
2.	Physical activities <ul style="list-style-type: none">• Push up• Obstacle Run
3.	Cool down – Static Stretching

8. Programme evaluation

8.1 The advantage of programme:

This programme can promote healthy growth and raise awareness among students about the importance of exercise.

8.2 The weakness of programme:

This programme only focus on the importance of exercise in handling obesity among students.

8.3 The improvement steps:

It can be improved by educating students on other aspects including healthy balanced diet.

Prepared by:

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Checked by:

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Verified by:

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Headmistress
SJKC Ming Chih



- Students run through obstacles



- Students doing push ups

Attachment : Name list of students involved in this programme.

No.	Name	Class	BMI (taken on January 2019)	BMI (taken on June 2019)
1	Luven	3H	28.2	27.7
2	Chew Jia Le	3H	27.6	26.9
3	Chok Zi Yao	3H	25.4	23.1
4	Tai Ji Hong	3B	26.7	25.9
5	Set Yu Hong	3K	29.5	28.9
6	Leong Zheng Jie	3B	33.3	32.6
7	Fion	3B	24.5	23
8	Tai Ji Sheng	4B	30.5	30
9	Law You Chian	4B	28.1	27.7
10	Liew Jie Xun	4H	26.6	25.7
11	Leong Zhi Jie	4J	27.3	26.8
12	Wong Jia Hao	4K	30.3	29.7
13	Joseph Chong Rui Hang	4H	32.4	31.5
14	Koh Chang Xun	4H	30.3	29.7
15	Hami Hon Tan	4H	27	26.5
16	Wong Chun Kit	5J	26.4	25.9
17	Low Zi Jian	5B	28.1	27
18	Chong Kai Xin	5J	29	28.6
19	Lucus Teoh Kye Jean	5H	29.2	28.8
20	Choo Jun Yue	5K	29.8	29.3
21	Edna Wong Jing Ong	5H	27.5	26.3
22	Tay Xu Rong	5K	32.9	32.5