

## COVID – 19: Let's get Ready for Future Challenges

Under the recent condition of COVID-19, we are in an extraordinary time. Let's refer to the below references and get ready for future challenges:

### Hong Kong Sports Institute

Psychological Tips for Athletes During Coronavirus Outbreak (Chinese Only)

面對肺炎疫情應如何調節心理

<https://www.hksi.org.hk/tc/news-publications/scientific-publications/education-pamphlets/psychological-tips-for-athletes-during-coronavirus-outbreak/03>

原定計劃被疫情打亂該如何是好

<https://www.hksi.org.hk/tc/news-publications/scientific-publications/education-pamphlets/psychological-tips-for-athletes-during-coronavirus-outbreak/05>

### Education Bureau

Doing Physical Activities at Home- Online Teaching Resources (Chinese Only)

[https://www.edb.gov.hk/tc/curriculum-development/kla/pe/Doing\\_Physical\\_Activities\\_at\\_Home/index.html](https://www.edb.gov.hk/tc/curriculum-development/kla/pe/Doing_Physical_Activities_at_Home/index.html)

Health Tips for Fighting the Virus (Students) (Chinese Only)

[https://www.studenthealth.gov.hk/english/emotional\\_health\\_tips/files/Health\\_Tips\\_for\\_Fighting\\_the\\_Virus\\_\(Students\).pdf](https://www.studenthealth.gov.hk/english/emotional_health_tips/files/Health_Tips_for_Fighting_the_Virus_(Students).pdf)

Health Tips for Fighting the Virus (Parents) (Chinese Only)

[https://www.studenthealth.gov.hk/english/emotional\\_health\\_tips/files/Health\\_Tips\\_for\\_Fighting\\_the\\_Virus\\_\(Parents\).pdf](https://www.studenthealth.gov.hk/english/emotional_health_tips/files/Health_Tips_for_Fighting_the_Virus_(Parents).pdf)



新冠肺炎大流行亦要 keep 住做運動 (Chinese Only)

[http://www.hkpfa.org.hk/Content/08\\_others/01\\_what\\_is\\_new/index.aspx?ct=latestNews&styleId=1&newsType=generalAnnouncement#119](http://www.hkpfa.org.hk/Content/08_others/01_what_is_new/index.aspx?ct=latestNews&styleId=1&newsType=generalAnnouncement#119)

新冠肺炎大流行如何使兒童保持運動 (Chinese Only)

[http://www.hkpfa.org.hk/CustomPage/97/EIM\\_Rx%20for%20Health\\_%20Staying%20Active%20Chinese\\_byEIMHK%2013Apr.pdf](http://www.hkpfa.org.hk/CustomPage/97/EIM_Rx%20for%20Health_%20Staying%20Active%20Chinese_byEIMHK%2013Apr.pdf)