



葵涌循道中學

Kwai Chung Methodist College



葵青地區康健中心
Kwai Tsing District Health Centre



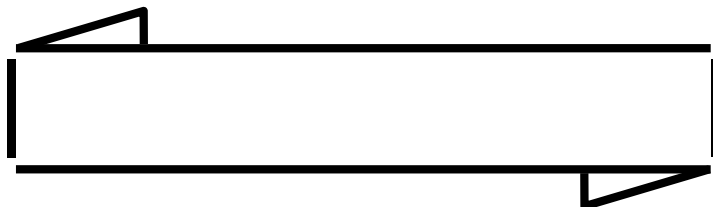
Well-being Calligraphy Competition 2026

Move with Pride, Shine with KCMC

Name: _____

School: _____

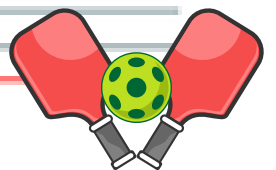
Class: _____



Junior Group
Primary 1-3

Handwriting practice lines consisting of multiple sets of three horizontal lines (top red, middle blue, bottom red) for calligraphy practice.







Move with Pride, Shine with KCMC

體育賦能 旋動葵循

Well-being Calligraphy Competition 2026



1. Competition Format

Participants are required to handwrite the following poem using a ball pen or pencil.

2. Categories

There are two categories: Junior Group (P1 – P3) and Senior Group (P4 – P6).

3. Format Requirements

(a) Use the official writing paper template provided below.

(b) The length of the poem is fixed; participants must write the entire poem mentioned below.

(c) File Format: PDF file (A4 size).

(d) File Naming Convention:

- i) Group submission with multiple entries in one PDF: English Calligraphy Competition_School Name_Category_Number of Entries (Example: English Calligraphy Competition_Kwai Chung Primary School_Senior Group_35 entries)
- ii) Individual participant submitting one entry: English Calligraphy Competition_School Name_Category_Participant's Name (Example: English Calligraphy Competition_Kwai Chung Primary School_Senior Group_Chan Tai Man)

4. Judging Criteria

- Writing Technique (60%): Neat and tidy handwriting, fluid strokes.
- Overall Aesthetics (40%): The overall layout and artistic sense of the work.

All submissions must be the participant's own handwritten work.

5. Enquiries

Please email sp@kcmc.edu.hk or call 2745 0010 (Contact Ms. Tsang from the English Department).

Junior Group (Primary 1–3)

Move with Pride

Move with pride, run and play,
We learn new things every day.
Jump up high and do our best,
Trying hard beats every test.

Shine upon us, bright and strong,
Helping our friends all day long.
In sports and learning, we can see,
The best that we can always be!

Senior Group (Primary 4–6)

Move with Pride

Move with pride, shine so bright,
We learn and grow with all our might.
On the field and in the class,
We work hard to reach our goals at last.
We help our friends and play as a team,
Working together to reach our dream.
With courage, respect and a positive way,
We become better every day.
Books and sports go hand in hand,
Helping us learn and understand.
With curious minds and healthy hearts,
Every challenge is where success starts.

