

**Teaching Syllabus 2015-16**  
**Physical Education – Form 1**

**(A) Assessment Objectives for F.1** (covering examinations and continuous assessment)

**Assessment objectives for F. 1-3**

- Acquire and apply basic skills in at least eight different physical activities selected from not less than four areas which include games and competitions, and participate actively and regularly in at least one PE-related co-curricular activity
- Apply theories of physical activities and training principles in a health-related fitness programme
- Think critically about current issues in PE and sport
- Demonstrate appropriate etiquette and sportsmanship in physical activities

**(B) Syllabus**

<b>Weeks</b>	<b>Topics</b>	<b>Period</b>	<b>Learning Outcomes/ Teaching Focus</b>	<b>Teaching and Learning Activities</b>	<b>8 Areas of Activity</b>	<b>6 Strands</b>	<b>Assessment</b>
1	Introduction	1	Assemble the class, sorting class into groups, to help familiar with the surroundings, introducing rules during lesson	measuring body weight & height Awareness in personal aspect and the importance of warm-up		Health and Fitness, Sports-related Values and Attitudes	
2	Fundamental Movement	1	To gain an understanding stretching exercise	High knee, jumping practice, reaction running, shuttle running Standing long jump	Fundamental Movement	Health and Fitness	
3	Track and field	1	To learn the skill of Sprinting	Starting · accelerating running	Athletics: Track events	Motor and Sports Skills	60m
4	Track and field	1	To learn the skill of Sprinting	Crouch start	Athletics:	Motor and	100m

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				Skills for the finish	Track events	Sports Skills	
5	Track and field	1	To acquire the method of Hurdling	The handling of rhythms between low hurdles (knee height)	Athletics: Track events	Motor and Sports Skills Knowledge and Practice of Safety	
6	Track and field	1	To acquire the method of Hurdling	Hurdle clearance techniques	Athletics: Track events	Motor and Sports Skills Knowledge and Practice of Safety	
7	Track and field	1	To acquire the method of Discus	Standing side throw with plastic rings	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	
8	Track and field	1	To learn the skill of Shot Put	Standing side put	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	How to measure the throwing events
9	Track and field	1	To acquire the method of Relay	Baton exchange Common skills of 4x100m relay race	Athletics: Track events	Motor and Sports Skills	
10	Track and field	1	To acquire the method of Relay	Baton exchange Common skills of 4x400m relay	Athletics: Track events	Motor and Sports Skills	

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				race			
11	Physical fitness	1	To gain an understanding Health and wellness knowledge	Sit and Reach Sit up Push up	Physical fitness activities	Health and Fitness	Complete the tests
12	Physical fitness	1	To gain an understanding Health and wellness knowledge	9 min long distance running	Physical fitness activities	Health and Fitness	Complete the tests
13	Table Tennis	1	To learn the skill of the grip	Shakehand grip Penholder grip Ready position	Ball game: Table tennis	Motor and Sports Skills	
14	Table Tennis	1	To learn the skill of Service	Plain hit service (forehand, backhand)	Ball game: Table tennis	Motor and Sports Skills	Forehand service
15	Table Tennis	1	To learn the skill of Return	Block (forehand, backhand)	Ball game: Table tennis	Motor and Sports Skills	
16	Table Tennis	1	To learn the skill of Return	Push shot	Ball game: Table tennis	Motor and Sports Skills	Push Shot
17	Football	1	To learn the skill of Passing	Ground pass with inside of the foot, instep and sole	Ball game: Football	Motor and Sports Skills	
18	Football	1	To learn the skill of Passing	Ground pass with outside of the foot, instep and sole	Ball game: Football	Motor and Sports Skills	
19	Football	1	To learn the skill of Passing	Ground pass with front point (toe) of the foot, instep and sole	Ball game: Football	Motor and Sports Skills	
20	Football	1	To learn the skill of Controlling	Use inside/outside of the foot and sole to control ground the ball	Ball game: Football	Motor and Sports Skills	
21	Football	1	To learn the skill of Dribbling	Dribbling with inside/outside of	Ball game:	Motor and	

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				the foot	Football	Sports Skills	
22	Football	1	To learn the skill of Shooting	Ground shot with inside/outside of the foot	Ball game: Football	Motor and Sports Skills	
23	Football	1	To learn the skill of Shooting	Long shot with inside of the foot	Ball game: Football	Motor and Sports Skills	
24	Football	1	Game	Modified games	Ball game: Football	Motor and Sports Skills Sports-related Values and Attitudes	5 vs 5 games
25	Aquatics	1	Basic Knowledge	Water safety Water confidence exercises Supine float	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
26	Aquatics	1	To learn the skill of Freestyle	Leg action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
27	Aquatics	1	To learn the skill of Freestyle	Arm action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
28	Aquatics	1	To learn the skill of Freestyle	Leg and arm coordination	Aquatics:	Motor and	

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				Breathing technique	Swimming	Sports Skills Knowledge and Practice of Safety	
29	Aquatics	1	To learn the skill of Freestyle	Full stroke	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	25m freestyle
30	Revision	1					

# **Core Values of Wah Yan College, Kowloon**

- I. Love and care
- II. Strive for excellence
- III. Respect and Justice
- IV. Responsibility
- V. Faith

**Sustaining values**

- I. Love and care
  - Accept & feel positive about himself
  - Appreciation & Gratitude
  - Empathy & Compassion
  - Forgiveness & Reconciliation
  - Service
  - Family as a basic unit of society; marriage is the foundation of a family

II. Strive for excellence

- Reflective
- Commitment
- Perseverance
- Curiosity & willingness to learn
- Value imagination and creativity

III. Respect and Justice

- Life is valuable and respectable
- Openness to good in all things
- Respect for himself & others
- Integrity
- Faithfulness

IV. Responsibility

- Freedom & Self-discipline
- Care for the environment
- Social Identities: citizen identity, national identity and global citizen identity

V. Faith

- Experience of God
- Explore & practise one's faith
- Appreciate religious liturg