

**Teaching Syllabus 2015-16**  
**Physical Education – Form 2**

**(A) Assessment Objectives for F.2** (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	Track and field	1	To acquire the method of Middle and long distance running (800m,1500m)	Standing start, Running style	Athletics: Track events	Motor and Sports Skills	800m
3	Track and field	1	To learn the skill of Long Jump	Stand jump Sail style	Athletics: Field events	Motor and Sports Skills	
4	Track and field	1	To learn the skill of Long	Hang style	Athletics:	Motor and	

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			Jump		Field events	Sports Skills	
5	Physical fitness	1	To gain an understanding Skipping	Single skipping	Physical fitness activities	Health and Fitness,	1 min Skipping
6	Physical fitness	1	To gain an understanding Skipping	Double skipping	Physical fitness activities	Health and Fitness,	
7	Physical fitness	1	To acquire the method of Circuit training	Throw softball Speeding Resistance exercise	Physical fitness activities	Health and Fitness, Knowledge of Movement	
8	Physical fitness	1	To acquire the method of Circuit training	Shuttle run Horizontal jump Gripping power	Physical fitness activities	Health and Fitness,	
9	Physical fitness	1	To gain an understanding Weight training	Barbell exercise	Physical fitness activities	Health and Fitness, Knowledge and Practice of Safety	
10	Physical fitness	1	To gain an understanding Weight training	Calf raise	Physical fitness activities	Health and Fitness, Knowledge and Practice of Safety	
11	Physical fitness	1	To gain an understanding Health and wellness	Sit and Reach Sit up	Physical fitness	Health and Fitness	Complete the tests

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			knowledge	Push up	activities		
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	Basketball	1	To learn the skill of Passing	Two-handed pass(chest pass, overhead pass)	Ball game: Basketball	Motor and Sports Skills	
14	Basketball	1	To learn the skill of Passing	One-handed pass (push pass, shoulder pass)	Ball game: Basketball	Motor and Sports Skills	
15	Basketball	1	To learn the skill of Receiving	Stance Receive the ball when moving	Ball game: Basketball	Motor and Sports Skills	
16	Basketball	1	To learn the skill of Dribbling	High Dribble	Ball game: Basketball	Motor and Sports Skills	
17	Basketball	1	To learn the skill of Dribbling	Low Dribble	Ball game: Basketball	Motor and Sports Skills	
18	Basketball	1	To learn the skill of Shooting	Set Shot (one-handed, two-handed)	Ball game: Basketball	Motor and Sports Skills	Zone shooting
19	Basketball	1	To learn the skill of Shooting	Jump Shot	Ball game: Basketball	Motor and Sports Skills	
20	Basketball	1	Game	Modified games	Ball game: Basketball	Motor and Sports Skills Sports-related Values and Attitudes	3 vs 3 games
21	Volleyball	1	Introduction	Stance and footwork	Ball game: Volleyball	Motor and Sports Skills	

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22	Volleyball	1	To learn the skill of Passing	Underarm fig	Ball game: Volleyball	Motor and Sports Skills	
23	Volleyball	1	To learn the skill of Passing	Overhand pass	Ball game: Volleyball	Motor and Sports Skills	
24	Volleyball	1	To learn the skill of Service	Underhand service	Ball game: Volleyball	Motor and Sports Skills	Underhand service
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 Breast stroke	Leg action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
27	Aquatics	1	To learn the skill of Breast stroke	Arm action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
28	Aquatics	1	To learn the skill of Breast stroke	Leg and arm coordination Breathing technique	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	

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29	Aquatics	1	To learn the skill of Breast stroke	Full stroke	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	50m Breast stroke
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