

Teaching Syllabus 2015-16
Physical Education – Form 4

(A) Assessment Objectives for F.4 (covering examinations and continuous assessment)

Assessment objectives for F.4

- 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

Weeks	Topics	Period	Learning Outcomes/ Teaching Focus	Teaching and Learning Activities	8 Areas of Activity	6 Strands	Assessment
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	Aquatics	1	Basic Knowledge	Water safety Water confidence exercises Supine float	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	

Weeks	Topics	Period	Learning Outcomes/ Teaching Focus	Teaching and Learning Activities	8 Areas of Activity	6 Strands	Assessment
3	Aquatics	1	To learn the skill of Butterfly stroke	Leg action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
4	Aquatics	1	To learn the skill of Butterfly stroke	Arm action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
5	Aquatics	1	To learn the skill of Butterfly stroke	Leg and arm coordination Breathing technique	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
6	Aquatics	1	To learn the skill of Butterfly stroke	Full stroke	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	25m Butterfly stroke
7	Table Tennis	1	To learn the skill of Service	Sidespin service (forehand, backhand)	Ball game: Table tennis	Motor and Sports Skills	
8	Table Tennis	1	To learn the skill of Return	Loop drive (forehand, backhand)	Ball game: Table tennis	Motor and Sports Skills	
9	Table Tennis	1	To learn the skill of Tactics	Drive after service and after return	Ball game: Table tennis	Motor and Sports Skills	

Weeks	Topics	Period	Learning Outcomes/ Teaching Focus	Teaching and Learning Activities	8 Areas of Activity	6 Strands	Assessment
10	Table Tennis	1	Games	Modified games Single	Ball game: Table tennis	Motor and Sports Skills Sports-related Values and Attitudes	Singles
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	Football	1	To acquire the method of Set play	Penalty kick, Goal kick	Ball game: Football	Motor and Sports Skills	Penalty kick
14	Football	1	To acquire the method of Set play	Corner kick, Throw-in	Ball game: Football	Motor and Sports Skills	
15	Football	1	To acquire the method of Set play	Free kick (Direct and indirect)	Ball game: Football	Motor and Sports Skills	
16	Football	1	To learn the skill of Crossing To learn the skill of Attack heading	Side crossing and the forward attack point for heading	Ball game: Football	Motor and Sports Skills	
17	Football	1	To gain an understanding Offside	Knowledge for the offside Defender moves forward	Ball game: Football	Motor and Sports Skills	
18	Football	1	To gain an understanding Offside	Zone defense	Ball game: Football	Motor and Sports Skills	7 vs 7 games
19	Basketball	1	To acquire the method of Footwork	Jumping, Landing, change-of-direction	Ball game: Basketball	Motor and Sports Skills	

Weeks	Topics	Period	Learning Outcomes/ Teaching Focus	Teaching and Learning Activities	8 Areas of Activity	6 Strands	Assessment
20	Basketball	1	To acquire the method of Footwork	Two-foot jump stop, stride stop	Ball game: Basketball	Motor and Sports Skills	
21	Basketball	1	To acquire the method of Offence	One on one	Ball game: Basketball	Motor and Sports Skills	
22	Basketball	1	To acquire the method of Offence	Give and go	Ball game: Basketball	Motor and Sports Skills	
23	Basketball	1	To acquire the method of Offence	Fast break: 2 on 1, 3 on 2	Ball game: Basketball	Motor and Sports Skills	
24	Basketball	1	Game	Modified games	Ball game: Basketball	Motor and Sports Skills Sports-related Values and Attitudes	5 vs 5
25	Rugby	1	To learn the skill of Passing	Basket pass(chest pass, shovel pass)	Ball game: Rugby	Motor and Sports Skills	
26	Rugby	1	To learn the skill of Passing	Standing pass, backward pass	Ball game: Rugby	Motor and Sports Skills	
27	Rugby	1	To learn the skill of Passing	Scissors pass	Ball game: Rugby	Motor and Sports Skills	Passing
28	Rugby	1	To learn the skill of Tackle	Low tackle	Ball game: Rugby	Motor and Sports Skills	
29	Rugby	1	To learn the skill of Tackle	High tackle	Ball game: Rugby	Motor and Sports Skills	
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