

Teaching Syllabus 2015-16
Physical Education – Form 6

(A) Assessment Objectives for F.6 (covering examinations and continuous assessment)

Assessment objectives for F.6

1. Refine learnt skills and acquire new skills from a range of diversified activities, and participate actively and regularly in at least one PE-related co-curricular activity
2. Analyse physical movement and evaluate the effectiveness of a health-related fitness programme
3. Apply problem-solving skills when facing problems in a PE learning context
4. Take the role of sports leaders or junior coaches and demonstrate responsibility and leadership in the school and community
5. Maintain and transfer the attributes of perseverance, sportsmanship, the ability to face difficulties and other personal qualities to daily life

(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 | Eight-trigram Palm | 1 | Eight-trigram Palm | 1-2 parts | Other activities | Knowledge of movement Aesthetic Sensitivity | |
| 3 | Eight-trigram | 1 | Eight-trigram | 3-4 parts | Other | Knowledge | |

| Weeks | Topics | Period | Learning Outcomes/ Teaching Focus | Teaching and Learning Activities | 8 Areas of Activity | 6 Strands | Assessment |
|--------------|-----------------------|---------------|---|---|--------------------------------|--|-----------------------|
| | Palm | | Palm | | activities | of movement Aesthetic Sensitivity | |
| 4 | Eight-trigram Palm | 1 | Eight-trigram Palm | 5-6 parts | Other activities | Knowledge of movement Aesthetic Sensitivity | |
| 5 | Eight-trigram Palm | 1 | Eight-trigram Palm | 7-8 parts | Other activities | Knowledge of movement Aesthetic Sensitivity | |
| 6 | Eight-trigram Palm | 1 | Eight-trigram Palm | Whole parts | Other activities | Knowledge of movement Aesthetic Sensitivity | Eight-trigram Palm |
| 7 | Baseball | 1 | Introduction | Rules, Game instruction | Other activities | Motor and Sports Skills | |
| 8 | Baseball | 1 | To acquire the method of Passing | Underhand throw Overhand throw | Other activities | Motor and Sports Skills | |
| 9 | Baseball | 1 | To acquire the method of Pitch | Pump pitch Full windup pitch | Other activities | Motor and Sports Skills | |
| 10 | Baseball | 1 | To acquire the method of Strike | Full swing Long swing Short swing | Other activities | Motor and Sports Skills | |
| 11 | Physical fitness | 1 | To gain an understanding Health and wellness | Sit and Reach Sit up | Physical fitness | Health and Fitness | Complete the tests |

| Weeks | Topics | Period | Learning Outcomes/ Teaching Focus | Teaching and Learning Activities | 8 Areas of Activity | 6 Strands | Assessment |
|--------------|------------------|---------------|--|---|-----------------------------------|---|-----------------------|
| | | | 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 | Football | 1 | Game | Modified game 11 vs 11 | Ball game: Football | Motor and Sports Skills Sports-related Values and Attitudes | 11 vs 11 |
| 14 | Football | 1 | Game | Modified game 11 vs 11 | Ball game: Football | Motor and Sports Skills Sports-related Values and Attitudes | 11 vs 11 |
| 15 | Football | 1 | Game | Modified game 11 vs 11 | Ball game: Football | Motor and Sports Skills Sports-related Values and Attitudes | 11 vs 11 |
| 16 | Revision | 1 | | | | | |
| 17 | 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