

**Teaching Syllabus 2015-16**  
**Physical Education – Form 3**

**(A) Assessment Objectives for F.3** (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 learn the skill of Triple Jump	3 steps jumping	Athletics: Field events	Motor and Sports Skills	
3	Track and field	1	To learn the skill of Triple Jump	Hop jump, step jump	Athletics: Field events	Motor and Sports Skills	
4	Track and field	1	To learn the skill of Triple Jump	Pawing movement	Athletics: Field events	Motor and Sports Skills	Skill test

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5	Track and field	1	To learn the skill of Javelin	Handhold	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	
6	Track and field	1	To learn the skill of Javelin	Front cross-step	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	
7	Track and field	1	To learn the skill of Javelin	Throwing with approach run	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	
8	Track and field	1	To learn the skill of Shot Put	Sideways shift	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	
9	Track and field	1	To learn the skill of Shot Put	O'Brien shift	Athletics: Field events	Motor and Sports Skills Knowledge and Practice of Safety	Skill test
10	Track and field	1	To learn the skill of Discus	Standing side throw	Athletics:	Motor and	

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					Field events	Sports Skills Knowledge and Practice of Safety	
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	Volleyball	1	To learn the skill of Passing	Backward pass	Ball game: Volleyball	Motor and Sports Skills	
14	Volleyball	1	To learn the skill of Passing	Jump pass	Ball game: Volleyball	Motor and Sports Skills	
15	Volleyball	1	To acquire the method of Blocking	Single block	Ball game: Volleyball	Motor and Sports Skills	
16	Volleyball	1	To acquire the method of Blocking	Two-person block	Ball game: Volleyball	Motor and Sports Skills	
17	Volleyball	1	To gain an understanding Offence formations	Setter at position 3	Ball game: Volleyball	Motor and Sports Skills	
18	Volleyball	1	To gain an understanding Offence formations	Setter at the wing	Ball game: Volleyball	Motor and Sports Skills	6 vs 6 game
19	Football	1	To gain an understanding Tackling	Front block tackling Defense/delay method	Ball game: Football	Motor and Sports Skills	
20	Football	1	To learn the skill of	Use sole, inside/outside of the	Ball game:	Motor and	

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			Controlling	foot to control high dropping or bouncing ball	Football	Sports Skills	
21	Football	1	To learn the skill of Controlling	Use chest to control high dropping or bouncing ball	Ball game: Football	Motor and Sports Skills	
22	Football	1	To acquire the method of Goalkeeping	Catch the ball from different heights	Ball game: Football	Motor and Sports Skills	
23	Football	1	To acquire the method of Attacking	The wall pass penetration	Ball game: Football	Motor and Sports Skills	
24	Football	1	To acquire the method of Attacking	Through-pass penetration, Overlapping runs	Ball game: Football	Motor and Sports Skills	7 vs 7 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 Back stroke	Leg action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
27	Aquatics	1	To learn the skill of Back stroke	Arm action	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
28	Aquatics	1	To learn the skill of Back	Leg and arm coordination	Aquatics:	Motor and	

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			stroke	Breathing technique	Swimming	Sports Skills Knowledge and Practice of Safety	
29	Aquatics	1	To learn the skill of Back stroke	Full stroke	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	25m back 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