

**Teaching Syllabus 2015-16**  
**Physical Education – Form 5**

**(A) Assessment Objectives for F.5** (covering examinations and continuous assessment)

**Assessment objectives for F.5**

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**

<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	Aquatics	1	To acquire the method of Starts	4 stroke starts	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice	Starts

<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>
						of Safety	
3	Aquatics	1	To acquire the method of Turns	2 stroke turns (Free style, Back stroke)	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
4	Aquatics	1	To acquire the method of Turns	2 stroke turns (Breast Stroke, Butterfly)	Aquatics: Swimming	Motor and Sports Skills Knowledge and Practice of Safety	
5	Eight-trigram Palm	1	Eight-trigram Palm	1-4 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	
6	Eight-trigram Palm	1	Eight-trigram Palm	5-8 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	Eight-trigram Palm
7	Rugby	1	To acquire the method of Offense	Mass dribble offense	Ball game: Rugby	Motor and Sports Skills	
8	Rugby	1	To acquire the method of Offense	Back up attack	Ball game: Rugby	Motor and Sports Skills	
9	Rugby	1	Game	Modified games	Ball game: Rugby	Motor and Sports Skills Sports-related	7 vs 7

<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>
						Values and Attitudes	
10	Rugby	1	Game	Modified games	Ball game: Rugby	Motor and Sports Skills Sports-related Values and Attitudes	11 vs 11
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	Tai Chi	1	Simplified 24	Introduction Basic skills Push-hands exercise	Other activities	Knowledge of movement Aesthetic Sensitivity	
14	Tai Chi	1	Simplified 24	1-6 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	
15	Tai Chi	1	Simplified 24	7-10 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	
16	Tai Chi	1	Simplified 24	11-15 parts	Other	Knowledge of	

<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>
					activities	movement Aesthetic Sensitivity	
17	Tai Chi	1	Simplified 24	16-20 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	
18	Tai Chi	1	Simplified 24	21-24 parts	Other activities	Knowledge of movement Aesthetic Sensitivity	
19	Tai Chi	1	Simplified 24	Whole parts	Other activities	Knowledge of movement Aesthetic Sensitivity	Tai Chi
20	Football	1	To acquire the method of Goalkeeping	Catch the ball from different heights	Ball game: Football	Motor and Sports Skills	
21	Football	1	To acquire the method of Goalkeeping	Catch the ball from crossing	Ball game: Football	Motor and Sports Skills	
22	Football	1	To learn the skill of Heading	For goal/clearance	Ball game: Football	Motor and Sports Skills	
23	Football	1	To learn the skill of Heading	Attack form crossing	Ball game: Football	Motor and Sports Skills	
24	Football	1	To acquire the method of Defending	1 on 1 defending 3 on 2 defending	Ball game: Football	Motor and Sports Skills	

<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>
25	Football	1	To acquire the method of Defending	Group defending	Ball game: Football	Motor and Sports Skills	
26	Football	1	Game	Modified game 7 vs 7	Ball game: Football	Motor and Sports Skills Sports-related Values and Attitudes	
27	Football	1	Game	Modified game 7 vs 7	Ball game: Football	Motor and Sports Skills Sports-related Values and Attitudes	7 vs 7
28	Football	1	Game	Modified game 11 vs 11	Ball game: Football	Motor and Sports Skills Sports-related Values and Attitudes	
29	Football	1	Game	Modified game 11 vs 11	Ball game: Football	Motor and Sports Skills Sports-related Values and Attitudes	11 vs 11
30	Revision						

## **# 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