

Physical Education (Junior Secondary)

1. Introduction

The physical education curriculum plays a very important role as it contributes to the total development of the individual. Apart from sports and games, its clear goal is to contribute to the development of a student's physical, intellectual, emotional and social maturity. We strongly believe that it is beneficial for students to acquire good health, physical fitness and body coordination through an active lifestyle. In order to promote the awareness of health, we introduce some elements of sports into the Extended Learning Activities (ELA) for each level of students.

To meet the ever-changing needs, particularly as we are confronting the threat of COVID-19 in Hong Kong, we have tailor made the PE curriculum and created a new learning mode, including the online programme for students. Through this programme, students are encouraged to establish a self-regulation habit so as to build up their immunity healthily. For S1 and S2 students, we focus on doing aerobic exercises and core muscle development. S3 students will also focus on the sports nutrition, including how they can maintain a healthy diet and establish a good lifestyle.

The aims and objectives of the physical education

Teaching should ensure that when 'evaluating and improving performance', connections are made between 'developing, selecting and applying skills, tactics and compositional ideas', and 'fitness and health'. It also develops positive sport-related values, attitudes and desirable moral behaviour, and transfers them to all walks of life.

Acquiring and developing skills

1) Pupils are taught to:

- a. refine and adapt existing skills.
- b. develop them into specific techniques that suit different activities and perform these with consistent control.

Selecting and applying skills, tactics and compositional ideas

2) Pupils are taught to:

- a. use principles to plan and implement strategies, compositional and organisational ideas in individual, pair, group and team activities.
- b. modify and develop their plans.
- c. apply rules and conventions for different activities.

Evaluating and improving performance

3) Pupils are taught to:

- a. be clear about what they want to achieve in their own work, and what they have actually achieved
- b. take the initiative to analyse their own and others' work, using this information to improve its quality.

Knowledge and understanding of fitness and health

4) Pupils are taught:

- a. how to prepare for and recover from specific activities
- b. how different types of activity affect specific aspects of their fitness
- c. the benefits of regular exercise and good hygiene
- d. how to go about getting involved in activities that are good for their personal and social skills
- e. the knowledge of sports injury
- f. the nutrition related to sports

2. Curriculum

Games activities

Pupils are taught to:

- a. play competitive invasion, net and striking/fielding games, using techniques that suit the games
- b. use the principles of attack and defense when planning and implementing complex team strategies
- c. response to changing situations in the games.

General Physical Fitness activities

Pupils are taught to:

- a. the importance of fitness.
- b. learn the setting for the fitness program for particular sport.
- c. get better performance in fitness tests like cardio-respiratory fitness training and endurance training.

3. Curriculum Mapping

S1	S2	S3
Volleyball	Basketball	Hockey
Badminton	Volleyball	Badminton
Gymnastic/ Aerobic Exercise	Gymnastic / Aerobic Exercise	Gymnastic/ Aerobic Exercise
Fitness	Badminton	Basketball
	Table tennis	Sports Nutrition
	Handball	Fitness
	Fitness	

4. Assessment Criteria

Formative and Summative Assessments

S1 - S3

Criterion A	Engagement	20%
Criterion B	Personal Fitness	30%
Criterion C	Participation & Contribution	20%
Criterion D	Theoretical Assessment	30%
		Total: 100%

5.1 Criterion A

Students are expected to strongly engage in a variety of physical activities. They should be able to perform and develop a range of skills, tactics and understanding in most activities covered in PE lessons.

5.2 Criterion B

Students are expected to take the following fitness tests. Norm-referenced assessment will be applied for the following tests:

- Sit up test
- Sit & Reach test
- Indoor Rowing test

5.3 Criterion C

This criterion covers students' ability to work cooperatively while respecting themselves and their social and physical environment. They should also show the ability to support and encourage others, as well as developing appropriate attitudes and strategies for interrelating with others. Students will be assessed via attendance in PE lessons as well as the appropriateness of preparing PE kits and preparation for lessons. Since we have a new gym room, students are encouraged to take initiative to do gym by themselves. Bonus scores will be given to them with significant evidence supported. Students who contribute to the college in terms of participating in sports competitions or performing rope-skipping / dancing shows for service will be awarded additional marks in this criterion.

5.4 Criterion D

Students are expected to complete the online assessment, including taking videos of their fitness programme. Apart from that, students should complete the online theoretical assessment.

6. The role of parents at home

Parents are valuable assets to schools. Apart from donations, they can provide helpful advice on the implementation of PE. For instance, parents who are in the legal profession can be invited to share with students their experience of legal issues in PE and sport activities, and those from the medical or nursing professions can share their knowledge of the human body, fitness and nutrition.

7. Conclusion

Through these lessons, students will have a better understanding of the benefits of regular exercise; the lessons will also aim to further enhance students' knowledge and interest in various sports. The practical lessons will enhance the students' interest in sports and boost their confidence through fun-filled games and sports with modified rules.