

TSUEN WAN PUBLIC HO CHUEN YIU MEMORIAL COLLEGE
PHYSICAL EDUCATION DEPARTMENT 2023-2024

OBJECTIVE

Through teaching a wide range of sports skills and knowledge, helps students develop an active and healthy lifestyle, and nurture balanced development in the five virtues, ‘ethics, intellect, physical development, social skills and aesthetics’.

MAJOR CONCERN

1. To arouse students' interest in sports and enrich their learning experience by incorporating different reading materials and applying STEAM knowledge in learning activities.
2. To raise students' awareness of physical and mental health and promote a healthy lifestyle through a diverse range of physical activities.

ASSESSMENT SYSTEM

The students will be assessed as follows:

Items	Percentage
1. Class Performance (Attendance, punctuality and attitude)	40%
2. Skills	25%
3. Physical fitness	25%
4. Knowledge in physical fitness and sports	10%
5. Bonus	10%

Students' overall performance in this subject will be graded as shown below:

Grade	A	B	C	D	E	F
Performance	Excellent	Good	Fair	Satisfactory	Pass	Fail

Normally, students who do not attend classes more than three times a term may not be graded and will fail in this subject unless under exceptional cases. Basically, the performance of an average student in this subject will be classified in grade C category. Furthermore, grades with plus and minus signs will also be used whenever applicable.

CURRICULUM PLAN

Form Activities	1		2		3		4		5		6	
	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl
Athletics	6	5	6	5	6	6	6	6	6	6	4	4
Assessment	-	-	-	-	-	-	-	-	-	-	-	-
Badminton	4	6	-	2	2	1	-	2	2	2	-	2
Basketball	4	5	-	5	4	2	-	4	2	-	2	-
Bowling	-	-	-	-	-	-	-	-	6	6	-	-
Dance	-	2	-	-	6	2	-	-		-	4	2
Dodgeball	2	2	2	2	2	-	2	2	2	2	2	2
Dodgebee	-	-	-	-	2	-	-	2	3	-	-	-
Fitness Training	8	8	8	8	8	8	8	8	8	8	4	4
Football	4	1	-	1	4	5	-	-	2	-	-	-
Golf	-	-	-	-	6	4	-	-		2	-	2
Gymnastics	-	1	3	2	-	-	2	1		-	2	-
Handball	-	-	4	-	-	-	2	4		-	-	-
Martial Arts	-	-	-	-	-	-	-	-	2	-	2	-
Rope-Skipping	2	2	-	1	-	4	6	-		-	-	-
Rowing	-	1	-	-	-	-	-	1	1	1	-	-
Rugby	-	-	4	-	-	-	2	2		-	-	-
Shuttlecock	-	-	3	-	-	1	-	2	2	2	-	-
Softball	-	-	-	-	-	1	4	1		1	-	-
Swimming	8	8	8	8	-	-	-	-	4	-	-	-
Table-tennis	4	1	-	2	2	4	-	4	2	-	-	-
Tennis	-	-	-	-	-	-	6	1	-	5	2	5
Theory	2	2	2	2	2	2	2	2	2	2	1	1
Volleyball	-	2	4	6	-	4	2	-	-	5	-	-
Others	4	2	4	4	4	4	6	6	4	6	3	4
Areas of Activity	5	7	6	6	5	5	5	5	5	4	5	5
No. of lessons	48		48		48		48		48		26	

INTERNAL SPORTS COMPETITIONS

Date	Competitions
Oct 2023	Sports Days Inter-house Soccer Competition Inter-class Basketball Competition (Senior Forms)
Nov 2023	Inter-house Basketball Competition (Senior Forms) Inter-class Soccer Competition Inter-class Dodgeball Competition (Senior Forms)
Dec 2023	Inter-house Badminton Competition
Mar 2024	Inter-house Basketball Competition (Junior Forms)
Apr 2024	Inter-class Basketball Competition (Junior Forms)
May 2024	Inter-class Dodgeball Competition (Junior Forms)
July 2024	Inter-class Volleyball / Table Tennis Competition (Pending)