

# TSUEN WAN PUBLIC HO CHUEN YIU MEMORIAL COLLEGE

## Physical Education Department 2022-2023

### **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 Concerns**

1. To arouse students' interest in sports and enrich their learning experience through different reading materials and electronic means.
2. To nurture students' priority values and attitudes conducive to the whole-person development.

### **Assessment System**

The students will be assessed as follows:

Items	Percentage
1. Class Performance (Attendance, punctuality and attitude)	30%
2. Skills	25%
3. Physical fitness	25%
4. Knowledge in physical fitness and sports	10%
5. Participation and performance in sports	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
<b>Athletics</b>	6	4	6	5	6	6	6	6	6	6	2	2
<b>Assessment</b>	-	4	-	4	-	4	-	4	-	4	-	2
<b>Badminton</b>	4	3	-	2	2	1	-	2	2	2	-	-
<b>Basketball</b>	4	3	-	4	4	2	-	-	2	3	-	-
<b>Bowling</b>	-	-	-	-	-	-	-	-	6	6	-	-
<b>Dance</b>	-	5	-	-	6	2	-	2		-	4	2
<b>Dodgeball</b>	2	2	2	2	2	2	2	2	2	2	2	-
<b>Dodgebee</b>	-	-	-	-	-	-	-	2	3	2	-	-
<b>Fitness Training</b>	8	8	8	8	8	8	8	8	8	8	4	4
<b>Football</b>	4	1	-	1	4	4	-	-	2	-	2	-
<b>Golf</b>											4	4
<b>Gymnastics</b>	-	1	3	2	-	-	3	-		-	2	-
<b>Handball</b>	-	-	4	-	-	-	2	-		3	-	-
<b>Hockey</b>	-	-	-	-	6	-	-	6		-	-	-
<b>Martial Arts</b>	-	-	-	-	2	-	-	-	2	-	-	-
<b>Rope-Skipping</b>	2	2	-	-	-	3	3	-		3	-	-
<b>Rowing</b>	-	1	-	-	-	-	-	1	1	1	-	-
<b>Rugby</b>	-	-	4	-	-	2	4	-		-	-	-
<b>Shuttlecock</b>	-	-	3	-	-	1	-	-	2	-	-	-
<b>Softball</b>	-	-	-	-	-	1	6	1		1	-	-
<b>Swimming</b>	8	8	8	8	-	-	-	-	4	-	-	-
<b>Table-tennis</b>	4	-	-	3	2	3	-	-	2	-	-	-
<b>Tennis</b>	-	-	-	-	-	-	4	3	-	-	2	3
<b>Theory</b>	2	2	2	2	2	2	2	2	2	2	1	1
<b>Volleyball</b>	-	2	4	3	-	3	2	3	-	-	-	-
<b>Others</b>	4	2	4	4	4	4	6	6	4	5	3	8
<b>Areas of Activity</b>	5	6	6	6	4	5	5	5	5	5	5	5
<b>No. of lessons</b>	48		48		48		48		48		26	