

## A decorative banner at the bottom of the page featuring various sports equipment (tennis racket, soccer ball, basketball, volleyball, baseball, football) and silhouettes of athletes in action (running, jumping, kicking).

## Mission and Objectives

Physical Education is to educate students through the physical. It aims to develop students' knowledge of movement and their ability to use these to perform in a wide range of activities in order to develop an active and healthy lifestyle also provide a good foundation for students' lifelong and life-wide learning.



## Teachers of Physical Education Key Learning Area

## Teaching and Learning Strategies

## The Learning Targets of Secondary 1 to 3:



Students are taught at least eight different physical activities (athletics, basketball, volleyball, soccer, handball, gymnastic, badminton and table-tennis) from not less than four areas (motor and sports skills, health and fitness, knowledge of movement and sports-related values and attitudes) in games and competitions. We aim at helping them to participate actively and regularly in at least one co-curricular physical activity and to apply theories of physical activities and training principles in health-related fitness programs. Moreover, students are expected to show critical thinking in the discussion of debating issues in PE and sport and display appropriate etiquette and sportsmanship in physical activities.

## The Learning Targets of Secondary 4 to 6:



Students are able to demonstrate proficiency in a wide range of physical activities, for example, trampoline, foot shuttlecock, Lacrosse, Kungfu, etc. We hope they can participate actively and regularly in at least one of co-curricular physical activities. On the other hand, analysis of physical performance from multiple perspectives and evaluation of the effectiveness of health-related fitness programs are also carried out through the lessons.

## Reading to learn

Theories are taught and reading materials are provided to students to enhance their knowledge in sports. Different theories are covered, for example, first aid, stress management, rules and regulations of athletics, sportsmanship, physiotherapy and so on.





## Life-wide Learning Activities

### “One Sport One Life” Program



“One Sport One Life” program is introduced to S1 students. This program focuses on the development of students’ wellness and well-being and encourages them to engage more in physical activities. There are 12 lessons with 5 basic sports activities for them to participate. Through the lessons, they learn the skills, develop interest and pave the path to be selected to school teams.

### The Sports Association

It is established to organize different kinds of sport activities to all students and to arouse their interests in sports. The association has been organized inter-class football competition, inter-class dodge ball competition and so on.

### Sports Team

Students with high potential in sports will be invited to join our school teams every year. We have appointed many elite coaches to teach them. Team members are trained twice a week. We participate in inter-school competitions and other open competitions. Our sports teams have got excellent results and won many prizes and trophies in the past decades.

### The Road Ahead

In order to enrich the school-based curriculum, a lot of new equipment has been installed and facilities has been renovated to make flexible use of time, space and resources. Two runways are built in the basketball court and two sets of Run Rocket and a badminton serving machine are bought. We have also renovated the fitness room and added anti-collision nets for safety.

In the future, we hope our students can develop motor skills, body coordination and object manipulative skills; learn risk management and implement measures to prevent sports injuries; enjoy the new equipment and facilities; and enhance their physical fitness and health.

