

PE Subject Homepage

1. Our Expectations

- (a) Positive attitudes towards PE;
- (b) Actively participate in physical activities.

Physical Education is “to educate students through physical activities”. It aims to develop students’ physical competence and knowledge of movement and safety, and their ability to use these to perform in a wide range of activities associated with the development of an active and healthy lifestyle. Our school provides quality physical education for our students to stretch their potential to the full and to prepare them for the challenges in life. Through physical activities, students can develop generic skills and form positive values and attitudes. They also enhance students’ interest in learning, promote an active and healthy lifestyle and encourage lifelong and life-wide learning.

2. Curriculum Framework

Physical Education					
Strands					
Motor and Sports Skills	Health and Fitness	Sports-related Values and Attitudes	Knowledge and Practice of Safety	Knowledge of Movement	Aesthetic Sensitivity

Areas of Activity			
Athletics	Ball Games	Gymnastics	Dance
General Physical Fitness Activities	Outdoor Activities	Jump Rope	Shuttlecock

3. Language Policy

Our school adopts English as the medium of instruction in Physical Education.

4. Learning Outcomes

- ◆ To develop basic skills in at least 6 different physical activities from not less than four areas through introductory activities and modified games, and engage regularly in at least one PE-related and co-curricular activity.
- ◆ To acquire basic knowledge about physical activities and their contribution to health.
- ◆ To communicate effectively and be co-operative with others.
- ◆ To follow rules and regulations and demonstrate fair play.

5. Learning Strategy

- ◆ Every student will be given the opportunity to experience enjoyment and sense of achievement, and to do well in physical activities.
- ◆ Different activities and modified games will be included.
- ◆ Needs, abilities and backgrounds of students will be considered.
- ◆ Peer learning and different grouping will be encouraged.

6. Subject Characteristics

PE classes:

- ◆ Schools will provide a diversity of physical activities to encourage students to develop their different potentials.
- ◆ Teachers can select contents from other key learning stages, adjust the contents or focus on particular areas to suit the abilities and meet special needs of students.

Co-curricular Activities:

- ◆ Through different interest groups and school teams, students with sporting potentials have the opportunities to excel. Teachers will also nominate these students to attend training offered by the Leisure and Cultural Services Department and related sports governing bodies.
- ◆ Physical activity not only allow students with sporting potentials to excel, it also allow those who have leadership qualities, performing skills and information technology skills to demonstrate their strengths through organizing sports activities, participating in cheering teams, writing web pages and enrolment programmes for the club that they belong to.

7. Teaching Staff

	F.1	F.2	F.3	F.4	F.5
Miss Y.F. LUI (LYF)		2A、2B、2C、 2D、2E	3A、3B、3C、 3D		
Mrs. M.S. KONG LEE (LKMS)	1A、1B、 1C、1D、1E		3E	4P、4Q、4D、 4E、4F	5P、5Q、5D、 5E、5F

8. Appendices-Related Websites

Hong Kong Schools Sports Federation	www.hkssf.org.hk
Leisure and Cultural Services Department	www.lcsd.gov.hk

Panel Chairperson
Mrs. LEE KONG Ming-shan