

SING YIN SECONDARY SCHOOL  
SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

FORM ONE

Aims:

The aims of the F.1 – F.3 curriculum are:

1. to help students to develop an active life-style.
2. to acquire good health, physical fitness, and bodily.
3. to promote the qualities of desirable moral behaviors.
4. to help them co-operation in communal life.
5. to help students acquire the following value and attitudes:
  - to enhance students' awareness towards the values of sports.
  - to develop the habit of doing exercise regularly.
  - to nurture students' capacity to care for and motivate each other.
  - to enhance students' appreciation in sports.
  - to promote obedience, cooperation and mutual respect.



Handball	:	1. Passing - shoulder pass 2. Dribbling - high dribble 3. Modified game and basic rules	6
Gymnastics	:	1. Forward roll / Shoulder roll 2. Backward roll 3. Astride vault over partner 4. Scale balance 5. Squat jump on box and land off 6. Front and Side split 7. Tuck Jump	4
Fitness Training	:	1. Middle Distance Run – 9 mins/1500M 2. Usage of fitness equipments 3. Circuit - training a) press up b) sit-ups with knee flexed c) burpee d) rope skipping e) back arch 4. Skipping (optional)	4
P.E. Theory and Knowledge	:	1. Recognize P.E.   a) aim of P.E. b) learning principal c) safety 2. Warm up and cooling down	2
Badminton	:	1. One to One Activities a) the grip - handshake and back hand grip b) serving c) basic stroke - rally 2. Rules and regulations	4

- END -

Teacher in Charge : \_\_\_\_\_

Mr. Li Sze Fuk

Checked by : \_\_\_\_\_

Mr. Wong Fu Hong

SING YIN SECONDARY SCHOOL  
SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

FORM TWO

Aims

The aims of the F.1 – F.3 curriculum are:

1. to help students to develop an active life-style.
2. to acquire good health, physical fitness, and bodily.
3. to promote the qualities of desirable moral behaviors.
4. to help them co-operation in communal life.
5. to help students acquire the following value and attitudes:
  - to enhance students' awareness towards the values of sports.
  - to develop the habit of doing exercise regularly.
  - to nurture students' capacity to care for and motivate each other.
  - to enhance students' appreciation in sports.
  - to promote obedience, cooperation and mutual respect.

## SING YIN SECONDARY SCHOOL

SYLLABUS FOR P.E. -- SEPTEMBER 2016 - JULY 2017FORM TWO

Module	Topics	No. of Periods
Athletics	1. Middle Distance Running - 9 mins Run/1500M/3000M <ul style="list-style-type: none"> <li>a) arms and shoulder action</li> <li>b) leg action</li> <li>c) trunk and head position</li> <li>d) breathing</li> </ul> 2. Hurdling - basic techniques <ul style="list-style-type: none"> <li>a) start and strides to the first hurdle</li> <li>b) clearance action</li> <li>c) strides between hurdles</li> <li>d) run-in</li> </ul> 3. Basic Techniques in Shot Put 4. Sprint Relay - change-over method 5. High Jump - further practices in straddle - introduction to Fosbury techniques	6
Basketball	1. Passing and Receiving (motion) (chest, bounce) two handed 2. Dribbling <ul style="list-style-type: none"> <li>a) revision of F.1 work</li> <li>b) change-of-direction</li> <li>c) low dribble</li> </ul> 3. Foul Shot (one handed) 4. Lay - up shot 5. Rule (6) - Timing Regulations 6. Offence - 2 vs 1	10
Football	1. Passing : wall pass 2. Ball Control : trapping with the front of foot 3. Dribbling : speed dribble and feinting 4. Throw-in 5. Heading : for control	10
Volleyball	1. Understand-dig (motion) 2. Understand Service (target setting) 3. Modified Game and Basic Rules	4

Handball	: 1. Passing a) shoulder pass b) dribble and pass 2. Shooting - shoulder shoot	6
Gymnastics	: 1. Forward Roll with Straddle Leg 2. Backward Roll with Straddle Leg 3. Shoulder Stand 4. Straddle vault 5. Frog balance 6. Piked Straddle Jump 7. Aided Handstand against wall	4
Fitness Training	: 1. Middle Run – 9mins./1500M 2. Circuit Training a) press up b) sit-ups with knee flexed c) burpee d) rope skipping e) back arch 3. Theory and Knowledge Sports Injuries - factor contributing to Sports Injuries - Prevention of Sports Injuries - First Aid and Immediate Care - Diet and General Health 4. Skipping (optional)	6
Badminton	: 1. Offence - long service - short low service - high clear - drop shot 2. Defence - home position - six-point footwork	4

- END -

Teacher in Charge : \_\_\_\_\_

Mr. Li Sze Fuk

Checked by : \_\_\_\_\_

Mr. Wong Fu Hong

SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

FORM THREE

Aims

The aims of the F.1 – F.3 curriculum are:

1. to help students to develop an active life-style.
2. to acquire good health, physical fitness, and bodily.
3. to promote the qualities of desirable moral behaviors.
4. to help them co-operation in communal life.
5. to help students acquire the following value and attitudes:
  - to enhance students' awareness towards the values of sports.
  - to develop the habit of doing exercise regularly.
  - to nurture students' capacity to care for and motivate each other.
  - to enhance students' appreciation in sports.
  - to promote obedience, cooperation and mutual respect.

## SING YIN SECONDARY SCHOOL

SYLLABUS FOR P.E. -- SEPTEMBER 2016 - JULY 2017FORM THREE

Module	Topics	No. of Periods
Athletics	: 1. Further practices in sprinting and relay change-over methods 2. Training methods in Sprinting and Middle Distance Running 3. Long Jump a) further practices of styles taught b) preliminary practice in Triple Jump 4. High Jump - further practices in Fosbury techniques 5. Further practices in Shot Put 6. Hurdling – further practice a) clearance action b) strides between hurdles c) run in	6
Basketball	: 1. Passing : a) One-handed i) push ii) bounce iii) overhead 2. Dribbling - Revision of learned skills 3. Lay-up shot (further practice) 4. Offence a) 2 vs 1 (combination of skills practice) b) 2 vs 2 c) blocking 5. Defence a) individual b) team - man to man c) 2 vs 2	10

Football	:	<ol style="list-style-type: none"> <li>1. Passing : lofted pass, volleyed pass, overhead kick</li> <li>2. Ball Control : controlling the ball in the air with thigh and chest</li> <li>3. Dribbling : feinting and selling a dummy</li> <li>4. Heading : for goal and for clearance</li> <li>5. Shooting : half volley</li> <li>6. Goal-keeping : <ol style="list-style-type: none"> <li>a) clearing the ball</li> <li>b) throwing the ball</li> </ol> </li> </ol>	10
Volleyball	:	<ol style="list-style-type: none"> <li>1. Volley pass and change of direction</li> <li>2. Floater service</li> <li>3. Under-hand dig setting</li> <li>4. Spiking and Blocking</li> <li>5. Full game and basic rules</li> </ol>	4
Handball	:	<ol style="list-style-type: none"> <li>1. Shooting <ol style="list-style-type: none"> <li>a) set shoot</li> <li>b) running shoot</li> </ol> </li> <li>2. Defence - zone Defence ( 0 - 6 )</li> </ol>	6
Gymnastics	:	<ol style="list-style-type: none"> <li>1. Dive forward roll</li> <li>2. Backward roll with straddle leg</li> <li>3. Piked backward roll</li> <li>4. Squat vault</li> <li>5. Handstand Against Wall</li> <li>6. Single leg circle</li> </ol>	8
Fitness Training	:	<ol style="list-style-type: none"> <li>1. Middle Distance Run - 9 mins Run/1500M/3000M</li> <li>2. Circuit training <ol style="list-style-type: none"> <li>a) chin up</li> <li>b) press up</li> <li>c) sit-ups with knee flexed</li> <li>d) burpee</li> <li>e) back arch</li> </ol> </li> <li>3. Skipping (optional)</li> </ol>	4

	<p>3. Theory and Knowledge</p> <p>a) Physical Fitness</p> <ul style="list-style-type: none"><li>- Definitions, components, development and measurement</li><li>- Diet and Weight Control</li></ul> <p>b) Training Method - Concept of Training</p>	2
--	--	---

- END -

Teacher in Charge : \_\_\_\_\_

Mr. Li Sze Fuk

Checked by : \_\_\_\_\_

Mr. Wong Fu Hong

SING YIN SECONDARY SCHOOL  
SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

FORM FOUR

Aims

The aims of the F.4 – F.6 curriculum are:

1. to enable students to acquire knowledge, techniques, skills and to cultivate aesthetic appreciation in a variety of selected physical activities.
2. to promote a lifelong participation and appreciation in physical activity.
3. to develop sports as a leisure time pursuit.
4. to help students acquire the following value and attitudes:
  - i. to enhance students' awareness towards the values of health.
  - ii. to develop student's sportsmanship and sports ethic.
  - iii. to nurture students' capacity to care for and motivate each other.
  - iv. to improve students performance in sports.
  - v. to promote obedience, cooperation and mutual respect.



Volleyball	: 1. Underhand dig + rolls and dives 2. Volley pass (accuracy) 3. Setting (volley) and spiking 4. Overhead service (force and accuracy) 5. Positioning in the court and tactics	6
Handball	: 1. Passing a) wrist pass b) overhead pass 2. Defence - 6-0 defence - 5-1 defence 3. Attack - X-attack - three man figure of eight	6
Gymnastics	: 1. Astride vault 2. Neckspring 3. Handstand 4. Double leg cut from side 5. Stoop through to rear support 6. Cartwheel	6
Fitness Training	: 1. Circuit training   a) chin up b) press up c) sit-ups with knee flexed d) burpee e) back arch 2. Theory and Knowledge Training Method a) Principal of Training b) Different Training Method Fitness a) Health Related Fitness and Desired health practice 3. Skipping (optional)	6

- END -

Teacher in Charge : \_\_\_\_\_

Mr. Li Sze Fuk

Checked by : \_\_\_\_\_

Mr. Wong Fu Hong

SING YIN SECONDARY SCHOOL  
SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

## FORM FIVE

### Aims

The aims of the F.4 – F.6 curriculum are:

1. to enable students to acquire knowledge, techniques, skills and to cultivate aesthetic appreciation in a variety of selected physical activities.
2. to promote a lifelong participation and appreciation in physical activity.
3. to develop sports as a leisure time pursuit.
4. to help students acquire the following value and attitudes:
  - vi. to enhance students' awareness towards the values of health.
  - vii. to develop student's sportsmanship and sports ethic.
  - viii. to nurture students' capacity to care for and motivate each other.
  - ix. to improve students performance in sports.
  - x. to promote obedience, cooperation and mutual respect.

## SING YIN SEC8ONDARY SCHOOL

SYLLABUS FOR P.E. -- SEPTEMBER 2016 - JULY 2017FORM FIVE

Module	Topics	No. of Periods
Athletics	: 1. Long Jump - further practices in "Hitch-kick" 2. Triple Jump - further practice 3. High Jump - fosbury 4. Shot Put - sliding method 5. Hurdling - further practice	6
Basketball	: 1. Zone Defence a) 2-1-2 b) 3-2 2. Offence a) against the Zone Defence b) against the Man-to-Man c) 3-2 3. Shooting - Tripping 4. Basic rules and full game practice	10
Football	: 1. Shooting a) half volley b) volley 2. Heading a) further practice 3. Ball Control - controlling the ball in the air 4. System of Play and Tactics 5. Goal-keeping: narrow shooting angles, smothering	10
Volleyball	: 1. Combination of various skills into team tactics 2. Rules and full game practices	6
Handball	: 4. Passing a) wrist pass b) overhead pass 5. Defence a) 6-0 defence b) 5-1 defence 3. Attack a) X-attack b) three man figure of eight	6

Gymnastics	: 1. Forward Handspring 2. Handstand forward roll 3. Headspring 4. Neckspring - further practice 5. Astride vault	6
Fitness Training	: 1. Middle Distance Run - 9 mins Run /1500M /3000M 2. Circuit training a) chin up b) Press up c) sit-ups with knee flexed d) Weight training - dumbbell and barbell lifting 3. Theory and Knowledge - Fitness - Diet and Performance in Sport - Social Values of Physical Activities and Sport - Concepts of cooperation and competition, - fair play and sportsmanship 4. Skipping (optional)	6

- END -

Teacher in Charge: \_\_\_\_\_

Mr. Li Sze Fuk

Checked by: \_\_\_\_\_

Mr. Wong Fu Hong

SING YIN SECONDARY SCHOOL  
SYLLABUS FOR PHYSICAL EDUCATION — SEPTEMBER 2016 – JULY 2017

FORM SIX

Aims

The aims of the F.4 – F.6

curriculum are:

1. to enable students to acquire knowledge, techniques, skills and to cultivate aesthetic appreciation in a variety of selected physical activities.
2. to promote a lifelong participation and appreciation in physical activity.
3. to develop sports as a leisure time pursuit.
4. to help students acquire the following value and attitudes:
  - xi. to enhance students' awareness towards the values of health.
  - xii. to develop student's sportsmanship and sports ethic.
  - xiii. to nurture students' capacity to care for and motivate each other.
  - xiv. to improve students performance in sports.
  - xv. to promote obedience, cooperation and mutual respect.

## SING YIN SECONDARY SCHOOL

SYLLABUS FOR P.E. -- SEPTEMBER 2016 - JULY 2017FORM SIX

Module	Topics	No. of Periods
Athletics	: 1. High Jump – fosbury 2. Long Jump - further practices in “Hitch-kick” 3. Triple Jump - further practices 4. 4 x 100M, 4 x 400M relay - further practices 5. Shot Put - sliding method - further practices	4
Basketball	: 1. Defence a) 2-3 b) 3-2 c) man to man 2. Offence a) against Zone b) man to man 3. Shooting - jump shot - foul shot 4. Blocking 5. Screening 6. Rules and Regulations - official practices	6
Football	: 1. Tactics a) wall pass penetration b) cross pass from wing c) corner kick d) free kick 2. Tacking - sliding tackle 3. Ball control a) by chest b) by leg c) by head 4. Shooting a) volley b) half-volley 5. System of Play - side screen	6

Volleyball	: 1. Serving – overhead 2. Setting - jump set 3. Spiking - 2.5 semi-quick, quick 4. Blocking - 2 man block 5. Tactics a) setter at position 3 b) covering the spike 6. Full game practice	4
Gymnastics	: 1. Handspring - further practices 2. Round off 3. Astride Vault 4. Neck spring - further practices	4
Fitness Training	: 1. Middle Distance Run - 9 mins Run /1500M/3000M 2. Circuit training a) chin up b) press up c) sit-ups with knee flexed d) Weight training - dumbbell and barbell lifting 3. Skipping (optional)	2

## Optional

Squash	: 1. One to One Activities a) the grip - handshake and back hand grip b) serving c) basic stroke 2. Rules and regulations	6
Tennis	: 1. One to One Activities a) the grip - handshake and back hand grip b) serving c) basic stroke - rally 2. Rules and regulations	6

- END -

Teacher in Charge : \_\_\_\_\_

Mr. Li Sze Fuk

Checked by : \_\_\_\_\_

Mr. Wong Fu Hong