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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.

FORM ONE

Module		Topics	No. of Periods
Athletics	: 1.	Sprinting	
		a) starting	
		b) arm and shoulder action	
		c) leg action	
		d) finishing	6
		e) Relay (4 x 100m and 4 x 400m)	
	2.	Long Jump - basic techniques in the 'Hang'	
	3.	Throwing - baseball throw	
	4.	High Jump - preliminary practices in Straddle	
Basketball	: 1.	Passing and receiving (stationery)	
		a) chest pass	
		- two handed	
		b) bounce pass	
		c) ball sense	
	2.	Dribbling - high and speed dribbling	
	3.	Set shot - two handed	10
	4.	Footwork a) start and stop	
		b) more quickly in any direction	
		c) change direction	
		d) jump and landing	
		e) pivot	
	5.	Rules - Playing Regulations	
Football	: 1.	Kicking and Passing - ground passes (with inside of foot)	
	2.	Running with the ball - with inside of foot	
	3.	Ball Control – trapping (I) with sole of foot	10
		(II) with inside of foot	10
	4.	Shooting - ground shot	
	5.	Goal-keeping – catching or fielding the ball	
Volleyball	: 1.	Ball sense	
	2.	Passing - underhand dig (two handed)	4
	3.	Serving - underhand service	

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Syllabus for PE 16-17			Page 3 of
Handball :	1.	Passing - shoulder pass	
	2.	Dribbling - high dribble	6
	3.	Modified game and basic rules	
Gymnastics :	1.	Forward roll / Shoulder roll	
	2.	Backward roll	
	3.	Astride vault over partner	
	4.	Scale balance	4
	5.	Squat jump on box and land off	
	6.	Front and Side split	
	7.	Tuck Jump	
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	4
		c) burpee	
		d) rope skipping	
		e) back arch	
	4.	Skipping (optional)	
P.E. Theory and:	1.	Recognize P.E. a) aim of P.E.	
Knowledge		b) learning principal	2
		c) safety	2
	2.	Warm up and cooling down	
Badminton :	1.	One to One Activities	
		a) the grip - handshake and back hand grip	
		b) serving	4
		c) basic stroke - rally	
	2.	Rules and regulations	
<u>I</u>			

END -

Teacher in Charge : _____ Mr. Li Sze Fuk

Checked by : _____ Mr. Wong Fu Hong

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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.

FORM TWO

Module		Topics	No. of Periods
Athletics :	1.	Middle Distance Running - 9 mins Run/1500M/3000M	
		a) arms and shoulder action	
		b) leg action	
		c) trunk and head position	
		d) breathing	
	2.	Hurdling - basic techniques	
		a) start and strides to the first hurdle	6
		b) clearance action	U
		c) strides between hurdles	
		d) run-in	
	3.	Basic Techniques in Shot Put	
	4.	Sprint Relay - change-over method	
	5.	High Jump - further practices in straddle	
		- introduction to Fosbury techniques	
Basketball :	1.	Passing and Receiving (motion)	
		(chest, bounce) two handed	
	2.	Dribbling a) revision of F.1 work	
		b) change-of-direction	
		c) low dribble	10
	3.	Foul Shot (one handed)	
	4.	Lay - up shot	
	5.	Rule (6) - Timing Regulations	
	6.	Offence - 2 vs 1	
Football :	1.	Passing : wall pass	
	2.	Ball Control: trapping with the front of foot	
	3.	Dribbling: speed dribble and feinting	10
	4.	Throw-in	
	5.	Heading: for control	
Volleyball :	1.	Understand-dig (motion)	
	2.	Understand Service (target setting)	4
	3.	Modified Game and Basic Rules	
			1

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Syllabus for PE 16-17					Page 6 of
Handball	: 1.	Passing			
		a) should	er pass	3	6
		b) dribble	and p	ass	0
	2.	Shooting - should	der sho	oot	
Gymnastics	: 1.	Forward Roll wit	h Stra	ddle Leg	
	2.	Backward Roll w	ith St	raddle Leg	
	3.	Shoulder Stand			
	4.	Straddle vault			4
	5.	Frog balance			
	6.	Piked Straddle Ju	ımp		
	7.	Aided Handstand	l agair	st wall	
Fitness Training	: 1.	Middle Run – 9n	nins./1	500M	
	2.	Circuit Training	a)	press up	
		_	b)	sit-ups with knee flexed	
			c)	burpee	
			d)	rope skipping	
			e)	back arch	
			,		6
	: 3.	Theory and Know	_		
	Spo	· ·		cributing to Sports Injuries	
				of Sports Injuries	
		- First	t Aid a	nd Immediate Care	
		- Diet	and C	Seneral Health	
	4.	Skipping (option	al)		
Badminton	: 1.	Offence - long	servi	ce	
				service	
		- high			4
	2.	- drop Defence - hom		tion	4
	۷.			ootwork	
		211 1			
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END -	
Teacher in Charge :	
	Mr. Li Sze Fuk
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	Mr. Wong Fu Hong

SING YIN SECONDARY SCHOOL

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.

FORM 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	6
	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	
Basketball :	1. Passing: a) One-handed	
	i) push	
	ii) bounce	
	iii) overhead	
	2. Dribbling - Revision of learned skills	
	3. Lay-up shot (further practice)	10
	4. Offence a) 2 vs 1 (combination of skills practice)	10
	b) 2 vs 2	
	c) blocking	
	5. Defence a) individual	
	b) team - man to man	
	c) 2 vs 2	

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Syllabus for PE 16-17			Page 9 o
Football		1. Passing : lofted pass, volleyed pass, overhead kick	
		2. Ball Control: controlling the ball in the air with thigh	
		and chest	
		3. Dribbling: feinting and selling a dummy	10
		4. Heading: for goal and for clearance	10
		5. Shooting: half volley	
		6. Goal-keeping: a) clearing the ball	
		b) throwing the ball	
Volleyball	:	Volley pass and change of direction	
-		2. Floater service	
		3. Under-hand dig setting	4
		4. Spiking and Blocking	
		5. Full game and basic rules	
Handball	:	1. Shooting	
2 2002 00 00 00 00 00 00 00 00 00 00 00	·	a) set shoot	
		b) running shoot	6
		2. Defence - zone Defence (0 - 6)	
Gymnastics	:	Dive forward roll	
Gymnasties	•	 Backward roll with straddle leg 	
		 Piked backward roll 	
			8
		1	
		C	
Eita and Tarinia		6. Single leg circle 1. Middle Distance Proc. 0 mins Proc./1500M/2000M	
Fitness Training	:	1. Middle Distance Run - 9 mins Run/1500M/3000M	
		2. Circuit training	
		a) chin up	
		b) press up	4
		c) sit-ups with knee flexed	
		d) burpee	
		e) back arch	
		3. Skipping (optional)	

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3. Theory and Knowlege	
a) Physical Fitness	
- Definitions, components, development	2
and measurement	2
- Diet and Weight Control	
b) Training Method - Concept of Training	

- END -

Teacher in Charge:	
	Mr. Li Sze Fuk
Checked by:	
checked by :	Mr. Wong Fu Hong

Syllabus for PE 16-17 Page 11 of 19

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.

FORM FOUR

Module	Topics	No. of Periods
Athletics	: 1. High Jump - fosbury	
	2. Triple Jump	
	3. Relay - 4 x 400M	
	4. Hurdling - strides between hurdles	6
	5. Discus Throw – basic techniques	
	6. Further practice in 'Hitch-kick'	
	7. Further practices in Shot Put	
Basketball	: 1. Offence a) screening	
	b) cut in	
	c) fast break	
	d) follow in	
	e) cover	
	2. Shooting a) Hook Shot	
	b) revision of learned skills	10
	3. Shooting a) lay up shot	
	b) jump shot	
	4. Defence a) box out	
	b) team - full court press	
	c) follow in	
	d) cover	
Football	: 1. Goal-keeping: Tipping or palming the ball over the bar,	
	clearing the ball,	
	2. Shooting: Volley	
	3. Tactics: 3-2, 3-3 practice	10
	4. Heading: Deflection heading	10
	5. Tackling: Side block tackle	
	6. Theory of the Game: a) system of play	
	b) tactics	

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Syllabus for PE 16-17			Page 13 of 1
Volleyball	: 1.	Underhand dig + rolls and dives	
	2.	Volley pass (accuracy)	
	3.	Setting (volley) and spiking	6
	4.	Overhead service (force and accuracy)	
	5.	Positioning in the court and tactics	
Handball	: 1.	Passing	
1		a) wrist pass	
		b) overhead pass	
	2.	Defence - 6-0 defence	6
		- 5-1 defence	
	3.	Attack - X-attack	
		- three man figure of eight	
Gymnastics	: 1.	Astride vault	
	2.	Neckspring	
	3.	Handstand	6
	4.	Double leg cut from side	0
	5.	Stoop through to rear support	
	6.	Cartwheel	
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	6
		a) Principal of Training	
		b) Different Training Method	
		Fitness	
		a) Health Related Fitness and Desired health	
		practice	
	3.	Skipping (optional)	
	I	- FND -	

- END -

Teacher in Charge :	
	Mr. Li Sze Fuk
Checked by :	
	Mr. Wong Fu Hong

Syllabus for PE 16-17 Page 14 of 19

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 2017

FORM FIVE

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

Syllabus for PE 16-17 Page 16 of 19 Forward Handspring Gymnastics 1. Handstand forward roll 2. 3. Headspring 6 4. Neckspring - further practice 5. Astride vault Middle Distance Run - 9 mins Run /1500M /3000M Fitness Training 1. 2. Circuit training a) chin up b) Press up sit-ups with knee flexed c) Weight training - dumbbell and barbell lifting 6 d) 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

- Social Values of Physical Activities and Sport
- Concepts of cooperation and competition,
- fair play and sportsmanship

4. Skipping (optional)

- END
Teacher in Charge:

Mr. Li Sze Fuk

Checked by:

Mr. Wong Fu Hong

Syllabus for PE 16-17 Page 17 of 19

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.

FORM 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.	4 x 100M, 4 x	400M relay - further practices	
		5.	Shot Put - slic	ling method - further practices	
Basketball	:	1.	Defence a)	2-3	
			b)	3-2	
			c)	man to man	
		2.	Offence a)	against Zone	
			b)	man to man	6
		3.	Shooting	- jump shot	6
				- foul shot	
		4.	Blocking		
		5.	Screening		
		6.	Rules and Re	gulations - official practices	
Football	:	1.	Tactics a)	wall pass penetration	
			b)	cross pass from wing	
			c)	corner kick	
			d)	free kick	
		2.	Tacking - slid	ling tackle	
		3.	Ball control	a) by chest	6
				b) by leg	
				c) by head	
		4.	Shooting	a) volley	
				b) half-volley	
		5.	System of Pla	y - side screen	

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

Optional

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

- END -

Teacher in Charge :	
	Mr Li Sze Fuk

Checked by:	