

Tin Ka Ping Secondary School

Physical Education Practical Exams Standards for Boys in the First Term

Form	Item 1 (20%)	Item 2 (20%)			
Form 1	Basketball: 60 seconds post shot Examinee is asked to execute set shot or jump shot in the designated area. Each goal counts for 1.5 marks, the highest mark is 15. There are 5 marks for accurate skills	Athletics : Keep time for 100 meters run Each examinee has 2 trails; the best performance will be scored.			
	Mark calculation for accurate skills :	Time	Mark(s)	Time	Mark(s)
	1. Eyes on basket	12''99 or under	20	16''00-16''49	13
	2. Left up the ball in front of the forehead	13''00-13''49	19	16''50-16''99	12
	3. Beet knees with buttocks out	13''50-13''99	18	17''00-17''49	11
	4. For jump shot, jump straight up	14''00-14''49	17	17''50-17''99	10
	5. Release the ball with straight arm and wrist flipped	14''50-14''99	16	18''00-18''49	8
	5 marks : able to do the above 5 items	15''00-15''49	15	18''50-18''99	6
	4 marks : able to do the above 4 items	15''50-15''99	14	19''00 or above	4
	3 marks : able to do the above 3 items 2 marks : able to do the above 2 items 1 mark : able to do the above 1 items				
Form 2	Volleyball : Having the overhand self-pass (10 marks) and underhand self-pass (10 marks) each for 30 seconds. For 30 seconds underhand / overhand self-pass, each pass would count for 0.25 mark, the highest mark is 5 (20 passes). There are also 5 marks for accurate skills.	High Jump : The starting height is 1 meter. The bar is raised 10cm if the examinee cleared the height. (4 marks for accurate skills; 16 marks for achieving the standard height.)			
	<u>Underhand Self-pass</u>	Mark calculation for achieving the standard height:			
	Mark calculation for accurate skills :	Height	Mark(s)	Height	Mark(s)
	1. Both arms remain straight and stable	Fail	4	1.2m	13
	2. Contact Point is the "sweet spot" just above the wrist bone	1.0m	7	1.3m	16
	3. Wrists point down to lock the forearms	1.1m	10		
	4. Extend the knees after making contact with the ball	Mark calculation for accurate skills :			
	5. Ensure the pass is high enough for recovery of the examinee	1. The length of the approach (7~13strides)			
	<u>Overhand Self-pass</u>	2. Run along an arc that curves toward the bar			
	1. Contacting the ball with the fingers	3. Taking off in front of the center of the bar			
2. Form a triangle with thumbs and pointer fingers in front of the forehead	4. Driving both arms straight up helps keep the body moving straight up				
3. The contact point is just above the forehead	5. The head clears the bar first.				
4. On contact, set by extending the arms and legs	6. Arch the body to allow hips to pass over the bar and also kick up the legs				
5. No double or holding	7. Land on the upper back				
	4 marks : able to do the above 6-7 items				
	3 marks : able to do the above 4-5 items				
	2 marks : able to do the above 2-3 items				
	1 mark : able to do the above 1 items				

Form 3	Basketball : 1 minute 3-point layup. Each goal counts for 1.5 marks, the highest mark is 15. There are 5 marks for accurate skills.	Athletics : Javelin and Discus (10 marks for each)	
	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. The dribbling is smooth and effective 2. Accurate steps 3. Fast approach 4. Proper take-off spot 5. Extend the whole body after take off 6. Release the ball with straight arm and flipped wrist 7. Aim at the board or the basket <p>5 marks : able to do the above 6-7 items 4 marks : able to do the above 4-5 items 3 marks : able to do the above 3 items 2 marks : able to do the above 2 items 1 mark : able to do the above 1 items</p>	<p>Javelin :</p> <p>5 marks for accurate skills, 5 marks for achieving the standard distances</p> <ol style="list-style-type: none"> 1. Withdrawal 2. Transition 3. Pre-delivery stride 4. Delivery 5. Legal throw 	<p>Discus :</p> <p>5 marks for accurate skills, 5 marks for achieving the standard distances</p> <ol style="list-style-type: none"> 1. The grip 2. The arm swings 3. Hip rotation 4. The release angle 5. Squeeze the discus out to create a clockwise spin of the disc
Form 4	Volleyball : 5 underhand serves or overhand serves. (5 marks for accurate skills, 15 marks for the placement of the serve)	Athletics : Triple jump, 2 trials, the best performance will become counted (6 marks for accurate skills, 14 marks for achieving the standard distances)	
	<p>Mark calculation for the placement of the serve</p> <p>If the examinee serves from the 6-meter line: 2 marks for the serve that places at 4 corners; 1 mark for the serve that places at other area inside the court.</p> <p>If the examinee serves from the 9-meter line: 3 marks for the serve that places at 4 corners; 2 mark for the serve that places at other area inside the court.</p> <p>Mark calculation for accurate skills:</p> <ol style="list-style-type: none"> 1. Accurate ready position 2. Proper height of the toss 3. Strike the ball with straight arm 4. Strike the ball at accurate contact point 5. Follow through <p>5 marks : able to do the above 5 items 4 marks : able to do the above 4 items 3 marks : able to do the above 3 items 2 marks : able to do the above 2 items 1 mark : able to do the above 1 items</p>	<p>Mark calculation for the achieving the standard distances :</p> <p>6 meters : 4 marks 7 meters : 6 marks 7.5 meters : 8 marks 8 meters : 10 marks 8.5 meters : 12 marks 9 meters : 14 marks 9.5 meters : 16 marks</p> <p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. The length of approach is appropriate for examinee to gradually accelerate to a maximum controlled speed at takeoff 2. Proper jumping height 3. Drive up the arms to create a vertical impulse in take off 4. Extend body position with arms above the head and legs hanging down 5. The 3 phases of the jump are performing smoothly <p>4 marks : able to do the above 5 items 3 marks : able to do the above 3-4 items 2 marks : able to do the above 2 items 1 mark : able to do the above 1 items</p>	

	<p>Field Hockey : Dribble to shoot</p> <p>Examinee has to dribble the ball through 5 discs that placed in 1.5 meters apart. After cleared all the discs, the examinee has to make 5 shots to the goal 8 to 9 meters away. Each goal counts for 3 marks; the highest mark is 15. There are 5 marks for accurate skills</p>	<p>Athletics : Keep time for the 1500meter run. 2 trials, the best performance will be scored.</p>																																																											
Form 5	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> Use the face of the stick to make contact with the ball Turn the stick over and reverse in order to change the direction of the ball Hold the stick in front and lead the body slightly forward with bended knees Eyes on the goal Accurate ready position for shooting <p>5 marks : able to do the above 5 items 4 marks : able to do the above 4 items 3 marks : able to do the above 3 items 2 marks : able to do the above 2 items 1 mark : able to do the above 1 items</p>	<table border="1"> <thead> <tr> <th>Time</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr><td>6'00 or below</td><td>20</td></tr> <tr><td>6'01-6'15</td><td>19</td></tr> <tr><td>6'16-6'30</td><td>18</td></tr> <tr><td>6'31-6'45</td><td>17</td></tr> <tr><td>6'46-7'00</td><td>16</td></tr> <tr><td>7'01-7'15</td><td>15</td></tr> <tr><td>7'16-7'30</td><td>14</td></tr> </tbody> </table>	Time	Mark(s)	6'00 or below	20	6'01-6'15	19	6'16-6'30	18	6'31-6'45	17	6'46-7'00	16	7'01-7'15	15	7'16-7'30	14	Mark(s)	<table border="1"> <thead> <tr> <th>Time</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr><td>7'31-7'45</td><td>13</td></tr> <tr><td>7'46-8'00</td><td>12</td></tr> <tr><td>8'01-8'15</td><td>11</td></tr> <tr><td>8'16-8'30</td><td>10</td></tr> <tr><td>8'31-9'00</td><td>8</td></tr> <tr><td>9'01or above</td><td>6</td></tr> </tbody> </table>	Time	Mark(s)	7'31-7'45	13	7'46-8'00	12	8'01-8'15	11	8'16-8'30	10	8'31-9'00	8	9'01or above	6	Mark(s)																										
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Form 6	<p>Golf-Putting : 3 strokes, the best performance will be scored (10 marks for accurate skills, 10 marks for achieving the standard distance)</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> Accurate stance Correct grip Accurate backswing Accurate forward swing Follow through <p>Mark calculation for achieving the standard distance :</p> <table border="1"> <thead> <tr> <th>Distance</th> <th>Mark(s)</th> <th>Distance</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr><td>50metres</td><td>10</td><td>25metres</td><td>5</td></tr> <tr><td>45metres</td><td>9</td><td>20metres</td><td>4</td></tr> <tr><td>40metres</td><td>8</td><td>15metres</td><td>3</td></tr> <tr><td>35metres</td><td>7</td><td>10metres</td><td>2</td></tr> <tr><td>30metres</td><td>6</td><td>5metres</td><td>1</td></tr> <tr><td></td><td></td><td>Less than 5metres</td><td>0</td></tr> </tbody> </table>	Distance	Mark(s)	Distance	Mark(s)	50metres	10	25metres	5	45metres	9	20metres	4	40metres	8	15metres	3	35metres	7	10metres	2	30metres	6	5metres	1			Less than 5metres	0	<p>Bowling : Making 2 frames, each frame has two deliveries. The best frame will be scored.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> Accurate grip Proper stance and athletic pose Using 4-step or 5-step delivery Correct swing and slide Follow through <p>Mark calculation for the number of knocked-down pins :</p> <table border="1"> <thead> <tr> <th>Number(s)</th> <th>Mark(s)</th> <th>Number(s)</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr><td>10</td><td>10</td><td>5</td><td>5</td></tr> <tr><td>9</td><td>9</td><td>4</td><td>4</td></tr> <tr><td>8</td><td>8</td><td>3</td><td>3</td></tr> <tr><td>7</td><td>7</td><td>2</td><td>2</td></tr> <tr><td>6</td><td>6</td><td>1</td><td>1</td></tr> <tr><td></td><td></td><td>0</td><td>0</td></tr> </tbody> </table>				Number(s)	Mark(s)	Number(s)	Mark(s)	10	10	5	5	9	9	4	4	8	8	3	3	7	7	2	2	6	6	1	1			0	0
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