

**Tin Ka Ping Secondary School**

**Physical Education**

**Curriculum Framework**

		Form 1	Form 2	Form 3	Form 4	Form 5	Form 6
<b>Athletics</b>	Boys	<p>☺ Short-distance run---(1)starting (2)dash (3) running posture</p> <p>☺ relay---(1)baton holding (2)exchange (3)relay passing zone and rules</p> <p>☺ long jump---(1)approach (2)commencing jump (3)posture in the air (4)landing posture</p>	<p>☺ high jump---(1)approach (2)take off (3)posture in the air (4)landing posture</p> <p>☺ hurdle---(1)running method from start to 1<sup>st</sup> hurdle (2) step astride and over the hurdles (3)running between hurdles</p>	<p>☺discus---(1) handhold (2) preliminary swing (3) delivery (4) standing throw</p> <p>☺Javelin ---(1) handhold (2)javelin arm fully extent (3)approach (4) standing throw</p>	<p>☺ Triple jump---(1) footwork (2)approach (3) take off and position in the air (4)landing posture</p> <p>☺ Shot put ---180°put the ball spin</p> <p>☺ discus--- swing throw</p> <p>☺ javelin---run-up</p>	<p>☺middle-distance run --- (1)800m and 1500m (2)breathing (3)introduction of training methods</p> <p>☺discus---swing throw</p> <p>☺javelin ---run-up</p>	<p>☺ revision on learnt skills</p> <p>☺ practices for the Athletics Meet</p>
	Girls	<p>☺ shot put---(1)ball holding (2)side shift (3)waist turning (4)delivery (5)finish position</p>		<p>☺discus---(1)handhold (2)preliminary swing (3)delivery (4)standing throw</p> <p>☺javelin --- (1)handhold(2) javelin arm fully extent (3)approach (4)standing throw</p>	<p>☺ short-distance run---skills on 200m run and 400m run (2)introduction of training methods</p> <p>☺ discus--- swing throw</p> <p>☺ javelin---run-up</p>	<p>☺middle-distance run --- (1)800m and 1500m (2)breathing (3)introduction of training methods</p>	<p>☺ middle-distance run --- (1)800m (2)breathing (3)introduction of training methods</p>

<b>gymnastics</b>	Boys	<p>☺ floor exercise (1)forward roll(tuck 、 straight knee on single leg 、 dive) (2)backward roll (tuck 、 straddle with straight knees) (3)balance stand (4)frog stand ☺ vaulting box (1) points of jumping pedal (2) arms push, (3) straddle vault</p>	<p>☺ floor exercise (1)should stand (2)cartwheel (9)serial action ☺ vaulting box (1) points of jumping pedal (2) arms push, (3) straddle vault</p>	<p>☺ floor exercise (1)head and hand stand (7)hand stand ☺ vaulting box (1)points of jumping pedal (2) arms push, (3)straddle vault (4) from “V” shape on the vaulting box</p>			
	Girls	<p>☺ floor exercise (1) Tuck jump and straddle jump (2)back arch (3)balance stand(4)forward roll (5)backward roll (6)serial action</p>	<p>☺ floor exercise (1)frog stand (2)shoulder stand (3)head and hand stand (4)serial action ☺ vaulting box (1) method of pedal (2) approach and pedal (3) squat vault</p>	<p>☺ floor exercise (1)hand stand (2)cartwheel (3)serial action ☺ vaulting box (1)method of pedal (2)approach and pedal (3)squat vault</p>			
<b>Softball</b>	Boys Girls	☺	☺	☺	<p>☺ difference between softball and baseball ☺ method of wearing gloves ☺ pass and receive ☺ pitch ---(1)skills (2)rules (3)windmill style (4)watermill style ☺ bat ---(1)skills (2)movements (3)skills of receiving bat</p>	<p>☺ revision on learnt skills ☺ walking skills ☺ rules and counting methods group competition</p>	

<b>Badminton</b>	Boys	<ul style="list-style-type: none"> <li>☺ grip ---(1)forehand (2)backhand</li> <li>☺ method of picking up balls</li> <li>☺ ball-sense practice</li> <li>☺ serve---(1) front underhand serve (2)high ball (3)low ball (4)backward serve</li> <li>☺ footwork---(1)forward (2)backward (3)6-points footwork</li> </ul>	<ul style="list-style-type: none"> <li>☺ forehand and backhand stroke ---(1)high clear (2) stroke deep high ball with underhand (3) push shot (4)smash (5)drop ball</li> <li>☺ footwork---(1)forward (2)backward (3)6-point footwork</li> <li>☺ singles game ---(1)court (2)rules of the game (3)mark counting</li> <li>☺ doubles game ---(1)court (2)laws of game (3)mark counting</li> </ul>			
	Girls	<ul style="list-style-type: none"> <li>☺ grip ---(1)forward (2)backward</li> <li>☺ method of picking up balls</li> <li>☺ ball sense practice</li> <li>☺ serve---(1)front underhand serve (2)high ball</li> <li>☺ forehand and backhand stroke ---(1) high clear (2) stroke deep high ball with underhand</li> <li>☺ singles game---(1)court (2)laws of the game (3)mark counting</li> </ul>	<ul style="list-style-type: none"> <li>☺serve---(1)low ball (4)backward</li> <li>☺forehand and backhand stroke ---(1)push shot (2)smash</li> <li>☺footwork---(1)forward (2)backward</li> <li>☺ doubles game---(1)court (2)laws of the game (3)mark counting</li> </ul>	<ul style="list-style-type: none"> <li>☺forehand and backhand stroke ---lob ball</li> <li>☺footwork---6-point footwork</li> <li>☺ games</li> </ul>		

<b>Table-tennis</b>	Boys		<ul style="list-style-type: none"> <li>☺ grip ---(1) forehand with pen-hold grip</li> <li>(2)backward with pen-hold grip</li> <li>(3) forehand with open grip</li> <li>(4) backward with open grip</li> <li>☺ball-sense practice</li> <li>☺ serve ---(1)forehand flat</li> <li>(2)backhand flat</li> </ul>	<ul style="list-style-type: none"> <li>☺ receive ---(1)forehand push</li> <li>(2)backhand push</li> <li>(3)forehand 、 backward drive</li> <li>☺ footwork singles and double games---</li> <li>(1)rules of games</li> <li>(2)mark counting</li> </ul>			
	Girls	<ul style="list-style-type: none"> <li>☺grip ---(1) forehand with pen-hold grip</li> <li>(2) forehand with open grip</li> <li>☺ball-sense practice</li> <li>☺serve ---forehand flat</li> <li>☺receive ---(1)forehand push</li> <li>(2)backhand push</li> <li>☺footwork</li> <li>☺signals game ---(1)laws of the game</li> <li>(2)mark counting</li> </ul>	<ul style="list-style-type: none"> <li>☺grip ---(1) backward with pen-hold grip</li> <li>(2) backward with open grip</li> <li>☺serve –backhand flat</li> <li>☺receive ---forehand and backhand drive</li> <li>☺footwork</li> <li>☺ doubles game ---(1)laws of the game</li> <li>(2)mark counting</li> </ul>	<ul style="list-style-type: none"> <li>☺grip ---(1) forehand with pen-hold grip</li> <li>(2) backward with pen-hold grip</li> <li>(3) forehand with open grip</li> <li>(4) backward with open grip</li> <li>☺ball-sense practice</li> <li>☺serve ---side spin ball</li> <li>☺receive ---(1)top spin</li> <li>(2) under spin</li> <li>(3) side spin</li> </ul>			

<p><b>Basketball</b></p>	<p>Boys</p>	<p>☺method of ball carrying and receive          ☺pass ---(1)chest pass (2)bounce pass (3)overhead pass (4)long pass          ☺dribble ---(1)skills (2) stride stop (3) dribble on right and left hand alternatively(standing 、 moving)          ☺shot ---(1) two handed set shot (2)one handed set shot</p>	<p>☺ pass ---(1)chest pass (2)bounce pass (3)overhead pass (4)long pass          ☺ dribble --- skills on over men with dribbling          ☺ shot ---penalties          ☺ combinations ---(1) dribble with stride stop and shot (2) receive ball during running and shot (3) pass ball during running, dribble and shot in 2 people (4) dribble and shot (5) 3-points dribble and shot in half court          ☺ defense ---(1)defense position (2)footwork (3) man-to-man defense &amp; rebound (4)forms          ☺ games---(1)mock games (2)group games (3)3 on 3 in half court</p>	<p>☺ dribble --- skills on over men with dribbling          ☺ shot ---penalties          ☺ combinations ---(1) dribble with stride stop and shot (2) receive ball during running and shot (3) pass ball during running, dribble and shot in 2 people (4) dribble and shot (5) 3-points dribble and shot in half court          ☺ offence ---(1) 3-points pass and shot in half court (2) offence in 3 (3) methods of shifting (4) forms of offence          ☺ defense---(1)defense position (2)footwork (3)man-to-man defense &amp; rebound(4)forms          ☺ games ---(1)mock games (2)group games (3)3 on 3 in half court</p>	<p>☺ Skills revision learnt from F.1 to F.3          ☺ Combination of basic skills          ☺ Offence ---(1)1 on 1 (2)2 on 1 (3)3 on 2 (4)3 on 3          ☺ Fast break ---(1) fast break under figure of “8” pass with 3 people in full court          ☺ defense ---(1)3-2zone defense (2)1-3-1 zone defense (3) 2-1-2 zone defense (4) defense of fast break          ☺ man-to-man defense ---(1) skills (2)anti man to man offence skill (3)solving anti- man to man          ☺half and full court games          ☺ referee</p>	<p>☺Skills revision learnt from F.1 to F.3          ☺Combination of basic skills          ☺Offence ---(1)1 on 1 (2)2 on 1 (3) on 2 (4)3 on 3          ☺Fast break ---(1) fast break under figure of “8” pass with 3 people in full court          ☺ Defense ---(1)3-2zone defense (2)1-3-1 zone defense (3) 2-1-2 zone defense (4) defense of fast break          ☺man-to-man defense ---(1) skills (2)anti man to man offence skill (3)solving anti- man to man          ☺half and full court games          ☺referee</p>	
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	Girls	<ul style="list-style-type: none"> <li>☺method of ball carrying and receive</li> <li>☺pass ---(1)chest pass (2)bounce pass</li> <li>☺dribble ---(1)skills (2) stride stop</li> <li>☺shot ---two handed set shot</li> <li>☺games ---(1)mock game (2)group game</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass---overhead pass</li> <li>☺ dribble --- dribble on right and left hand alternatively(standing 、 moving)</li> <li>☺ shot ---(1)one handed set shot (2)penalties</li> <li>☺ combinations ---(1) dribble with stride stop and shot (2) receive ball during running and shot</li> <li>☺ defense ---(1)defense position (2)footwork (3)man-to-man</li> <li>☺ games---(1)mock games (2)group games (3)3 on 3 in half court</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass---long pass</li> <li>☺ dribble --- skills on over men with dribbling</li> <li>☺ shot ---dribble and shot</li> <li>☺ combinations ---(1) pass ball during running, dribble and shot in 2 people (4) dribble and shot (5) 3-points dribble and shot in half court</li> <li>☺ offence---(1) 3-points pass and shot in half court (2) offence in 3 (3) methods of shifting (4) forms of offence</li> <li>☺ defense ---(1)backboard position (2)forms</li> <li>☺ games---(1)mock games (2)group games (3)3 on 3 in half court</li> </ul>	<ul style="list-style-type: none"> <li>☺ Combination of basic skills</li> <li>☺ Offence ---(1)1 on 1</li> <li>☺ Fast break ---(1) fast break under figure of “8” pass with 3 people in full court</li> <li>☺ defense ---(1)3-2zone defense (2)1-3-1 2-1-2 zone defense</li> <li>☺ man-to-man defense ---(1) skills</li> <li>☺ half and full court games</li> <li>☺ referee</li> </ul>	<ul style="list-style-type: none"> <li>☺Combination of basic skills</li> <li>☺Offence ---2 on 1 &amp; 3 on 2</li> <li>☺Fast break ---(1) fast break under figure of “8” pass with 3 people in full court</li> <li>☺ man-to-man defense ---(1) skills (2)anti man to man offence skill (3)solving anti-man to man</li> <li>☺ Defense--- defense of fast break</li> <li>☺half and full court games</li> <li>☺referee</li> </ul>	
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<b>Football</b>	Boys	<ul style="list-style-type: none"> <li>☺ pass---(1) placement shot (2)volley pass</li> <li>☺trapping with foot</li> <li>☺skills on dribble</li> <li>☺ground ball control</li> </ul>	<ul style="list-style-type: none"> <li>☺ dribble and shot</li> <li>☺ ball control</li> <li>---(1)volley</li> <li>(2)bounce ball</li> <li>☺ forehand header</li> <li>☺ throw-in</li> <li>☺ skills of goalkeepers</li> <li>☺ dribble and shot</li> <li>☺ group game</li> </ul>	<ul style="list-style-type: none"> <li>☺dribble and shot</li> <li>☺ball control</li> <li>---(1)volley</li> <li>(2)bounce ball</li> <li>☺tackling</li> <li>☺skills of goalkeepers</li> <li>☺combined skills</li> <li>---(1)running and shot (2)running with the ball and pass in 2 (3)wall pass and shot (4)volley for head shot</li> <li>☺group games</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Combination of basic skills</li> <li>☺ Offence &amp; defense</li> <li>---(1)1 on 1 (2)2 on 1</li> <li>☺ Combined skills</li> <li>☺ group games</li> <li>☺ referee</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Combination of basic skills</li> <li>☺ Forms under offence &amp; defense</li> <li>☺ Combined skills</li> <li>☺ group games</li> <li>☺ referee</li> </ul>	
	Girls		<ul style="list-style-type: none"> <li>☺ ball-sense practice</li> <li>☺ pass---(1) placement shot (2)volley pass</li> <li>☺ trapping with foot</li> <li>☺ dribble ---(1)skills (2)dribble and shot</li> <li>☺ ball control</li> <li>---(1)ground ball (2)volley (3)bounce ball</li> <li>☺ laws of the game</li> <li>☺ group games</li> </ul>			<ul style="list-style-type: none"> <li>☺ revision on learnt skills</li> <li>☺ heading</li> <li>☺ goal kick 、 free kick</li> <li>☺ small-sided offence</li> <li>☺ group games</li> <li>laws of game</li> </ul>	



<p><b>Handball</b></p>	<p>Boys</p>	<ul style="list-style-type: none"> <li>☺ ball carrying skills</li> <li>☺ ball-sense practice</li> <li>☺ pass ---(1)shoulder pass (2)wrist pass (3)side pass (4)jump pass (4)running pass</li> <li>☺ receive---(1)overarm (2)underhand (3)rolling ball</li> <li>☺ dribbling</li> </ul>	<ul style="list-style-type: none"> <li>☺ moving with ball---(1)combination of 3 steps and dribble (2)moving with changing direction (3)faking (4)breakthrough</li> <li>☺ shot---(1)standing shoulder shot (2)seven-metre (3)jump shot</li> <li>☺ group games</li> <li>☺ laws of game</li> </ul>	<ul style="list-style-type: none"> <li>☺ moving with ball---(1)combination of 3 steps and dribble (2)moving with changing direction (3)faking (4)breakthrough</li> <li>☺ shot---(1)standing shoulder shot (2)seven-metre (3)jump shot</li> <li>☺ offence---(1)fast break (individual/group) (2)3 on 3</li> <li>☺ defense---(1)skills (2)footwork (3)6-0 defense</li> <li>☺ goal keeping ---(1)skills (2)fast break planning</li> <li>☺ combined skills---(1)dribbling and shot (2)pass, dribbling, shot with running (3)receive ball during running and shot</li> <li>☺ group games</li> <li>☺ laws of games</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Combination of basic skills</li> <li>☺ Forms under offence---(1)2-4 (2)1-5</li> <li>☺ Forms under defense---(1)1-5 (2)0-6 (3)2-4</li> <li>☺ strategic on group offence ---(1)formation I (2)formation L (3)formation X (4)formation Y</li> <li>☺ group games</li> <li>☺ referee</li> </ul>		

	Girls	<ul style="list-style-type: none"> <li>☺ ball carrying skills</li> <li>☺ ball-sense practice</li> <li>☺ pass---(1)shoulder pass (2)running pass</li> <li>☺ receive---(1)overarm (2)underhand</li> <li>☺ dribbling</li> <li>☺ moving with ball---(1)combination of 3 steps and dribble (2)moving with changing direction</li> <li>☺ shot---(1)standing shoulder shot</li> <li>☺ combined skills---(1)dribbling and shot (2)pass, dribbling, shot with running</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass---(1)side pass (2)running pass</li> <li>☺ receive --- (2)underhand (3)rolling ball</li> <li>☺ moving with ball --- (1) moving with changing direction (2) faking</li> <li>☺ shot --- (1) seven-metre (3) jump shot</li> <li>☺ offence---3 on 3</li> <li>☺ defence --- (1)skills (2)footwork</li> <li>☺ combined skills --- (1) pass, dribbling, shot with running (2) receive ball during running and shot</li> <li>☺ group games</li> <li>☺ laws of game</li> </ul>	<ul style="list-style-type: none"> <li>☺ moving with ball --- (1) moving with changing direction (2) faking (3)breakthrough</li> <li>☺ shot---jump shot in 3 steps</li> <li>☺ offence--- (1)fast break (individual/group)</li> <li>☺ defence--6-0 defence</li> <li>☺ goal keeping --- (1)skills (2)fast break planning</li> <li>☺ combined skills practice</li> <li>☺ group games</li> <li>☺ laws of game</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Combination of basic skills</li> <li>☺ Forms under offence ---2-4, 1-5</li> <li>☺ Forms under defense ---1-5, 2-4</li> <li>☺ strategics on group offence --- (1)formation I (2)formation L (3)X formation (4)H formation</li> <li>☺ group games</li> <li>☺ referee</li> </ul>		
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<p><b>Volleyball</b></p>	<p>Boys</p>	<ul style="list-style-type: none"> <li>☺pass ---(1)underhand pass (2)volley pass (3)back pass (4)serve receive</li> <li>☺footwork---(1)side step (2)crossover step</li> <li>☺service --- side, under-arm</li> <li>☺set ---(1)under-arm long pass (2)under-arm pass 2.5 ball</li> <li>☺method of opening the net</li> </ul>	<ul style="list-style-type: none"> <li>☺ service --- front, under-arm</li> <li>☺ set ---(1)under-arm long pass (2)under-arm pass 2.5 ball</li> <li>☺ games ---(1)simple (2)formatted</li> <li>☺ method of rotation</li> <li>☺ laws of games</li> </ul>	<ul style="list-style-type: none"> <li>☺spike ---(1)skills (2)long ball</li> <li>☺block ---(1)skills (2)one-man block (3)two-man block</li> <li>☺games ---(1)simple (2)formatted</li> <li>☺ method of rotation</li> <li>☺ laws of games</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Service---windmill service</li> <li>☺ Set---(1)volley long pass (2)volley pass2.5 ball</li> <li>☺ spike---(1)skills (2)2.5 ball (3)ball away from net (4)quick spike</li> <li>☺ 3 actions (reception/setting/attack)</li> <li>☺ forms under offence ---(1)middle1、2 (2)side 1、2 (3)cover</li> <li>☺ forms under defense ---(1)1-2-3 (2)2-1-3 (3)cover</li> <li>☺ laws of games</li> <li>☺ referee</li> </ul>		
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	Girls	<ul style="list-style-type: none"> <li>☺pass ---(1)overhand and underhand pass</li> <li>☺footwork---(1)side step (2)crossover step</li> <li>☺games ---simple</li> <li>☺law of game</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass---(1)revision of underhand and overhand pass (2)serve receive</li> <li>☺ footwork---(1)front step (2)crossover step</li> <li>☺ serve --- (1)side underhand serve</li> <li>☺ games ---simple</li> <li>☺ method of rotation</li> <li>☺ laws of games</li> <li>☺ method of opening the net</li> </ul>	<ul style="list-style-type: none"> <li>☺pass---(1)back pass (4)serve received</li> <li>☺ serve --- (1) side underhand serve</li> <li>☺set ---(1)under-arm long pass (2)under-arm pass 2.5 ball</li> <li>☺spike ---(1)skills (2)long ball</li> <li>☺games ---(1)simple (2)formatted</li> <li>☺ method of rotation</li> <li>☺laws of games</li> </ul>	<ul style="list-style-type: none"> <li>☺ Skills revision learnt from F.1 to F.3</li> <li>☺ Set---(1)volley long pass (2)volley pass2.5 ball</li> <li>☺ spike---(1)skills (2)2.5 ball</li> <li>☺ laws of games</li> <li>☺ referee</li> </ul>	<ul style="list-style-type: none"> <li>☺spike---(1)skills (2) ball away from net (3) quick spike</li> <li>☺block ---(1)skills (2)one-man block (3)two-man block</li> <li>☺forms under offence ---(1)middle1、2 (2)side 1,2 (3)cover</li> <li>☺forms under defense ---(1)1-2-3 (2) 2-1-3 (3)cover</li> <li>☺ 3 actions (reception/setting/attack)</li> <li>☺ laws of games</li> <li>☺referee</li> </ul>	
	boys	<ul style="list-style-type: none"> <li>☺ rope skipping movements ---(1)eyes (2)hands (3)elbows (4)knees (5)heels</li> <li>☺ basic movements---(1)stretching (2) rope adjustment</li> <li>☺ basic single rope tricks</li> </ul>	<ul style="list-style-type: none"> <li>☺ basic single rope tricks --- (1) one-foot jump (2) rocker (3) running step (4) boxer (5)heel to heel (6)toe to toe (7)heel-tool</li> </ul>	<ul style="list-style-type: none"> <li>☺ basic single rope tricks --- (1)grapevine (2)heel click (3)pretzel (4)matador (5)front-back cross (6)behind the back</li> </ul>			

<b>Rope skipping</b>	Girls	--- (1)pogo jump (2)skier (3)bell (4)twister (5)side straddle (6)Scissors (7)Backward jump	variations (8)high step (9)kick step (10)can-can (11)Fling (12)side swing	cross (7)double under (8)one arm rotation (9)down under (10)cross arms behind the knee (11)180 rotation (12)360 rotation (13)spinner (14)reversing poles ☺ Partner basic tricks--- (1)one turner (2)sharing a rope (3)taking turns (4)matching tricks (5)twins (6)wheel (7)one DD basic jump (8)long rope with multiple jumpers (9)long rope with copy cats (10)one DD jump with footwork (11)one DD jump with props (12)one DD jump with bodywork (13)one DD jump with single rope			
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Hockey	Boys					<ul style="list-style-type: none"> <li>☺ safety concern of hockey</li> <li>☺ grip</li> <li>☺ ball-sense practice</li> <li>☺ pass &amp; receive ---(1)standing (2)moving (3)long ball (4)short ball</li> <li>☺ stop balls</li> <li>☺ dribbling ---(1)skills (2)dribble around obstructs (3)dribbling and shot</li> <li>☺ offence &amp; defense ---(1)skills (2)create space to attack and cover</li> <li>☺ offence in group</li> <li>☺ group games</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass &amp; receive ---(1)standing (2)moving (3)long ball (4)short ball</li> <li>☺ stop balls</li> <li>☺ dribbling ---(1)skills (2) dribble around obstructs (3)dribbling and shot</li> <li>☺ offence &amp; defense ---(1)skills (2)create space to attack and cover</li> <li>☺ offence in group</li> <li>☺ group games</li> </ul>
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	Girls					<ul style="list-style-type: none"> <li>☺ grip</li> <li>☺ ball-sense practice</li> <li>☺ pass &amp; receive <ul style="list-style-type: none"> <li>---(1)standing</li> <li>(2)moving</li> </ul> </li> <li>☺ stop balls</li> <li>☺ dribbling ---(1)skills <ul style="list-style-type: none"> <li>(2) dribble around obstructs</li> </ul> </li> <li>☺ offence &amp; defense <ul style="list-style-type: none"> <li>---(1)skills</li> </ul> </li> <li>☺ offence in group</li> <li>group games</li> </ul>	<ul style="list-style-type: none"> <li>☺ pass &amp; receive <ul style="list-style-type: none"> <li>---(1)long ball</li> <li>(2)short ball</li> </ul> </li> <li>☺ dribbling---(1)skills <ul style="list-style-type: none"> <li>(2) dribbling and shot</li> </ul> </li> <li>☺ offence &amp; defense <ul style="list-style-type: none"> <li>---(1)skills (2) create space to attack and cover</li> </ul> </li> <li>☺ offence in group</li> <li>☺ group games</li> </ul>
<b>Touch rugby</b>	Boys				<ul style="list-style-type: none"> <li>☺ pass &amp; receive</li> <li>☺ skills on kicking</li> <li>☺ offence</li> <li>☺ defense ---(1)skills <ul style="list-style-type: none"> <li>(2)tackle</li> </ul> </li> <li>☺ laws of games ( tag rugby )</li> </ul>	<ul style="list-style-type: none"> <li>☺ offence</li> <li>☺ defense ---(1)skills <ul style="list-style-type: none"> <li>(2)tackle</li> </ul> </li> <li>☺ laws of games ( tag rugby )</li> <li>☺ laws of games ( rugby )</li> </ul>	

Tennis	Boys				<ul style="list-style-type: none"> <li>☺ grip ---(1)eastern (2)western</li> <li>☺ ball-sense practice---(1)tapping balls (2)picking up balls</li> <li>☺ forehand stroke ---(1)skills (2)footwork (3)face to the wall (4)face to partner</li> <li>☺ backhand stroke ---(1)skills (2)footwork (3)face to the wall (4)face to partner</li> <li>☺ service ---under-arm style</li> <li>☺ mark counting method</li> <li>☺ games</li> </ul>	<ul style="list-style-type: none"> <li>☺ forehand stroke ---(1)skills (2)footwork (3)face to the wall (4)face to partner</li> <li>☺ backhand stroke ---(1)skills (2)footwork (3)face to the wall (4)face to partner</li> <li>☺ service ---tennis style</li> <li>☺ advanced skills ---(1)stroke (2)Volley (3)lob ball</li> <li>☺ mark counting method</li> <li>☺ games</li> </ul>	
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Girls

- ☺ grip ---(1)eastern  
(2)western
- ☺ ball-sense  
practice---(1)tapping  
balls (2)picking up  
balls
- ☺ forehand stroke  
---(1)skills  
(2)footwork  
(3)face to the wall  
(4)face to partner
- ☺ service ---under-arm  
style
- ☺ mark counting  
method
- ☺ games

<b>Dance</b>	Boys					
	Girls	<ul style="list-style-type: none"> <li>☺ manners &amp; history of folk dance</li> <li>☺ commonly used terms---(1)single 、 double circle (2)line of direction (3)outside 、 inside leg (4)names of different dance (5)dance of different styles</li> <li>☺ circle---(1)bow and curtsy dance (2)shoemaker dance (3)bell dance (4)duck dance (5)happy clapping (6)children polka (7)chestnut dance (8)the hopping dance (9)push-and-pull dance</li> <li>☺ line --- (1)10 beautiful girls (2)rabbit dance</li> <li>☺ revision on circle dance</li> <li>☺ square --- 「 Oh!Susanna 」</li> <li>☺ circle 「 Oh!Susanna 」</li> <li>☺ line---dragon</li> </ul>		<ul style="list-style-type: none"> <li>☺ manners &amp; history of social dance</li> <li>☺ basic steps --- (1)waltz (2)Cha-cha</li> <li>☺ dancing patterns--- (1)waltz (2)Cha-cha</li> </ul>	<ul style="list-style-type: none"> <li>☺ basic steps --- (1) jive (2)jazz</li> <li>☺ dancing patterns --- (1)jive (2)jazz</li> <li>☺ healthy dance --- (1)breathing (2)basic steps (3)aerobic practice</li> </ul>	

<p><b>Bowling</b></p>	<p>Boys Girls</p>						<ul style="list-style-type: none"> <li>☺ basic skills</li> <li>---(1)balls</li> <li>choosing</li> <li>(2)handling</li> <li>(3)steps</li> <li>(4)release</li> <li>☺ rules &amp; manners</li> <li>☺ mark counting</li> <li>methods</li> <li>☺ group games</li> </ul>
<p><b>Golf</b></p>	<p>Boys Girls</p>	<p>☺</p>	<p>☺</p>	<p>☺</p>	<p>☺</p>		<ul style="list-style-type: none"> <li>☺ basic information –</li> <li>(1) clubs (2) balls</li> <li>(3)tee</li> <li>☺ basic skills</li> <li>---(1)grip (2)</li> <li>stance (3)</li> <li>backswing</li> <li>(3)downswing</li> <li>(4)impact</li> <li>(5)follow-through</li> <li>(6)finish</li> <li>☺ rules and manners</li> <li>☺ mark counting</li> <li>methods</li> </ul>

<b>Theories</b>	Boys	☺ basic knowledge on physical education ---(1)vocabularies (2)roles of PE (3)functions of PE (4)values of PE	☺ body ---(1)growth & development (2)skeletal system (3)nerve system (4)muscular system (5)cardiovascular system (6)respiratory system (7)energy system	☺ sports & trainings ---(1)factors affecting sports performance (2)concepts & theories of trainings (3)training methods (4)effects on trainings and stopped training (5) courses, handling and prevention on sports injury ☺ health & fitness ---(1)health composition (2)fitness (3)food & nutrition (4)diet and sports performance (5)body weight control (6)healthy fitness & ideal living styles (7)showing healthy behaviours (8)physical activities and disease prevention	☺ analysis on body movement ---(1)biomechanics (2)types of body movements (3)applications on sports	☺ sports sociology ---(1)sports & society (2)culture of planning in China (3)factors affecting joining sports and recreational activities	sports psychology ---(1)applications of learning theories in learning movements (2) psychological factors affecting performance (3)applications of pressure management on sports	☺ management on sports & recreation ---(1)concepts (2)holding events (3) law issues on sports, exercise and recreation
	Girls	☺ advantages and functions of exercise---(1) importance of exercise during adolescent (2)reminders on participation in sports (3)classification (4)3 phases (5) development on habit of exercising						