

Physical Education Elective in HKDSE

Curriculum Aims

The PE Elective curriculum aims at enabling students to:

1. acquire the knowledge and skills, and develop the values and attitudes necessary to pursue an active and healthy life in a self-regulated manner;
2. become responsible citizens who contribute to the building of a healthy community and are themselves vigorous, vital and able to convince others to adopt an active and healthy lifestyle;
3. integrate physical skills with theoretical learning and use them to support and strengthen their conceptual understanding and higher-order thinking;
4. construct knowledge by linking the understandings they develop in PE, sport and recreation with those in other disciplines, and make use of this knowledge in further education and career development;
5. apply theories to enhance performance or participation in PE, sport and recreation;
6. develop positive sport-related values, attitudes and desirable moral behaviour, and
7. transfer them to their daily life;
8. develop the generic skills for lifelong learning.

Assessment Method

MODE OF ASSESSMENT (HKDSE)

The theoretical examination serves to assess the knowledge candidates have acquired in the course of studying PE. Different kinds of items will be used to assess students' performance in a broad range of abilities. The practical examination serves to assess candidates' competence in two selected physical activities and the level of physical fitness attained.

Paper 1 comprises two sections, A and B. Section A consists of multiple-choice questions and Section B consists of short questions. Candidates have to attempt all questions in Paper 1.

Paper 2 consists of three long questions set on three different themes of the curriculum. Candidates have to attempt any two questions in this

paper.

Paper 3 consists of assessment routines for physical activities and physical fitness. Candidates have to demonstrate competence in two selected physical activities and each carries 13 1/3% of the subject mark. The level of physical fitness attained carries 13 1/3% of the subject mark. The choices of two groups of physical activities are as follows:

Physical Activity 1: Badminton / Basketball / Football / Volleyball / Table Tennis (choose one)

Physical Activity 2: Athletics / Gymnastics / Swimming (choose one)

Component		Weighting	Duration
Public Examination	Paper 1 Multiple-choice & short questions	42%	2 hours 15 minutes
	Paper 2 Long questions	18%	1 hour 15 minutes
	Paper 3 Practical Exam	40%	--

MODE OF ASSESSMENT (SCHOOL)

	Written test	Fitness test	Athletics/ Swimming	Ball Games	Course-work
S4 1st term Exam	60%	20%	-	-	20%
S4 Uniform test	40%	-	20%	-	40%
S4 2nd term Exam	60%	20%	-	-	20%
S5 1st term Exam	60%	-	-	20%	20%
S5 Uniform test	40%	-	20%	-	40%
S5 2nd term Exam	60%	-	-	20%	20%
S6 1st term Exam	60%	20%	-	-	20%

S6 Mock Exam

60%

20%

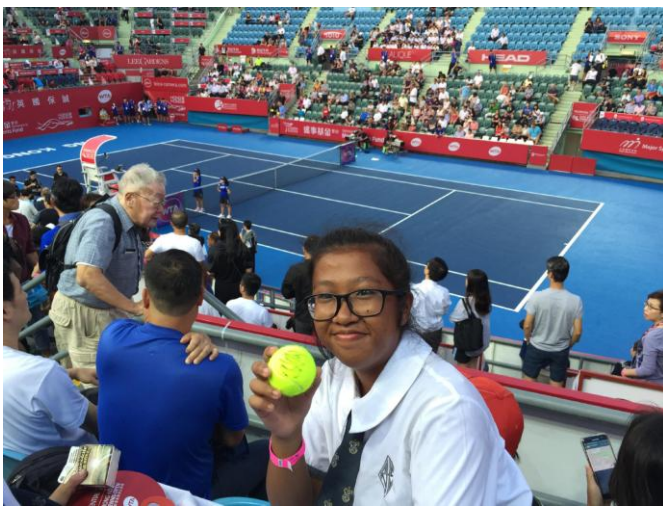
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10%

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Lesson activities

(簡介 及 圖片)



Visit to the Hong Kong Tennis Open during lesson



Fitness training

(*全文字型為標楷體，字型大小為 14，並切勿附上人名及年份)