



# La Salle College

## Physical Education Programme Outline Form Two

### 1. Course Aims & Objectives

Through participations in Physical Education (P.E.) lessons, it is expected the following goals will be achieved.

- Students will be able to acquire physical competence and knowledge of movement necessary to pursue an active and healthy life in a self-regulated manner.
- Students' positive sport-related values, attitudes and desirable moral behaviour will be enhanced and those values can be transferred to their daily life.
- Students' confidence, generic skills, especially those of collaboration, communication, creativity, critical thinking and aesthetic appreciation will be developed.

### 2. Course Outline

List of Topics/Tasks	Knowledge, Skills and Activities Covered
Term 1 and 2	<ul style="list-style-type: none"><li>● Weight, Height and Body Mass Index (BMI) Measurement</li><li>● Distance Running</li><li>● Athletics Long jump: Run up and the take off</li><li>● Athletics: Relay: 4x400, 4x100 and Baton passing</li><li>● Table-tennis: The Grip, Ready Stance and Service and returning of service, Stroke techniques and Footwork, Game</li><li>● Badminton: Stroke production, Grip, Body &amp; leg movement, Serving and Footwork, Game</li><li>● Practices and Preliminary competitions for Sports Day Events</li><li>● Physical fitness training</li><li>● Swimming: Breast Stroke</li><li>● Rugby: Passing, dribbling, tries and tackles and Games</li><li>● Lacrosse (Advanced course) *Subject to availability of the Lacrosse Association</li><li>● Indoor Rowing</li><li>● Sport ACT and Sport FIT Award Scheme</li></ul>

### 3. Assessment

Date	Components	Requirements	Assessment Criteria	Weighting
November third week	Skill Test 1	Skill learnt in PE lessons	Time or skills performed	10%
February first week	Skill Test 2	Skill learnt in PE lessons	Time or skills performed	10%
March third week	Skills Test 3	Skill learnt in PE lessons	Time or skills performed	10%
May second week	Fitness Tests	<ul style="list-style-type: none"><li>● Muscular strength</li><li>● Muscular endurance</li><li>● Flexibility</li><li>● Agility</li></ul>	<ul style="list-style-type: none"><li>● Push-up in 1 minute</li><li>● Sit-up in 1 minute</li><li>● Sit and reach test</li><li>● Shuttle Run in 30</li></ul>	25%

		<ul style="list-style-type: none"> <li>Aerobic capacity</li> </ul>	secs <ul style="list-style-type: none"> <li>Distance Running or walk Test</li> </ul>	
All year round	Attendance and Attitude	Students are required to have PE uniforms and behave well during lessons.	Students' participation and attitude during P.E. lessons.	15%
All year round	Sports Participation	Students are required to take part in internal (Inter-class sports competitions), external (Inter-school sports competitions and Sport ACT and FIT award scheme).	Participation in Inter-class Sports like Swimming Gala, Sports Day and different ball games Participation in Inter-school Sports Participation in Sports ACT and FIT award scheme.	30%

#### 4. Assessment Scale

Marks	Level
96-100	5**
91-95	5*
81-90	5
71-80	4
55-70	3
40-54	2
0-39	1