

## **Annex 12**

# **The Requirements of Basic Academic Attainments for Senior Secondary Physical Education and Health**

## **I. Basic rationale**

The Physical Education and Health curriculum provides students with opportunities to fully participate in and experience various sports as well as learn basic knowledge of Physical Education and Health. It aims to improve students' physical fitness and skills in physical activities; help students to develop healthy living habits and attitudes as well as form a healthy lifestyle; develop their good psychological qualities as well as a persevering and enterprising character; cultivate spirit of cooperation and fair play so as to lay the foundation for the healthy growth and all-round development of students. On these grounds, the Requirements of Basic Academic Attainments for Senior Secondary Physical Education and Health should comply with the following fundamental principles:

(1) Cultivating the concept of “healthy life”, promoting the all-round and healthy development of students.

The Physical Education and Health curriculum should aim at promoting students' healthy and all-round development, integrating the knowledge related to sports and health into physical education and extracurricular sports activities so as to improve students' fitness, health awareness, the abilities to participate in sports and to adapt to society; closely combine sports activities and the concept of “healthy life”, enabling students to understand the importance of physical training and hygiene education and promoting students' all-round and healthy development.

(2) Implementing effective physical education teaching, guiding students to master the methods of physical training.

Through the implementation of effective teaching strategies, the Physical Education and Health curriculum aims to promote students' learning development; stimulate students' potential in physical fitness, sports skills and mental development based on the characteristics of their individual differences and personal interests. By creating a happy learning atmosphere, students are allowed to gain opportunities for effective learning and to experience learning success, as well as to master the scientific methods of and skills in physical training.

[Reference Only]

- (3) Stimulating students' interests in sports activities, fostering a lifelong sporting habit.

Through stimulating students' interests in sports, the Physical Education and Health curriculum enables students to learn to appreciate and enjoy the fun of doing sports; to actively participate in sports activities in class and after class; lay a sound foundation for cultivating students' sports ability and lifelong sporting habit.

- (4) Attaching importance to students' individual differences, promoting the healthy development of all students.

The Physical Education and Health curriculum should focus on students' physical condition for sport participation and their motor abilities; be concern about each teenager and set appropriate learning objectives in accordance with individual differences and needs; encourage students to actively take part in sports activities that are suitable for their own physical condition; bring the effectiveness of sports activities in students' all-round development into full play.

## **II. Curriculum goals**

- (1) Nurture students to master the fundamental knowledge, skills and methods of sports and health; establish the concept of "healthy life".
- (2) Guide students to recognise the importance of sports for healthy development and help them to develop a healthy lifestyle.
- (3) Guide students to master the skills of various sports that are beneficial for a healthy lifestyle by using a progressive way of learning.
- (4) Guide students to actively enhance their individual health-related fitness based on their personal conditions; improve physical and mental health status; improve survival and life skills.
- (5) Nurture students' interest in participating in sport activities; help them establish a lifelong sporting habit.
- (6) Cultivate students' good psychological quality; enable them to display appropriate interpersonal relationships, cooperative spirit and social adaptability.

## **III. The requirements of basic academic attainments in different learning domains**

Explanation of coding:

- (1) The capital English letters represent the requirements of basic academic attainments in different learning domains; A - Sports and health knowledge, B -

[Reference Only]

Sports participation, C - Sports skills, D – Sports and physical fitness, E – Sports and mental health, F – Sports and social adaptation;

- (2) The number following the English letter represents the serial number of the requirements of basic academic attainment in the respective learning domain.

**Learning domain A: Sports and health knowledge**

- A-1 Understand the characteristics of students' body growth and physical development.
- A-2 Understand the gender differences in the physical development and morphological and functional development of students and know the relationship between gender differences and sports.
- A-3 Master the knowledge about the relationship between sports, nutrition and health.
- A-4 Master the knowledge and methods of physical training.
- A-5 Develop good health habits and a healthy lifestyle.
- A-6 Understand the impact of negative emotion on health.
- A-7 Know the knowledge and methods of sports injury and disease prevention.

**Learning domain B: Sports participation**

- B-1 Recognise the importance of sports for personal development.
- B-2 Be able to participate in leisure sports activities and sports competitions.
- B-3 Be able to take initiative to participate in sports training and encourage peers to do so as well.
- B-4 Initially establish the awareness and ability of lifelong physical training.
- B-5 Be able to self-assess the effect of personal sports training.
- B-6 Be able to participate as an audience in sports activities.

**Learning domain C: Sports skills**

- C-1 Master the basic knowledge, skills and referee rules of track and field sports.
- C-2 Master the basic knowledge, skills and referee rules of ball games.
- C-3 Master the basic knowledge, skills and referee rules of gymnastics.
- C-4 Master the basic knowledge, skills and referee rules of martial arts.
- C-5 Master the basic knowledge, skills and referee rules of school-based sports activities.

[Reference Only]

- C-6 Have the basic ability of setting a personal training plan in a scientific way.
- C-7 Be able to play sports safely.
- C-8 Be able to conduct physical training by making use of natural factors.
- C-9 Be able to organise sports activities by making use of community sports resources.

**Learning domain D: Sports and physical fitness**

- D-1 Explore the value of physical fitness in promoting bodily, physical and mental health.
- D-2 Know the training methods of physical fitness and their practical application, which can improve the level of competitive sports.
- D-3 Learn the ways to improve health-related physical fitness and form a sporting habit.
- D-4 Actively improve the sports-related physical fitness to enhance the level of competitive sports.
- D-5 Be able to conduct self-assessment and have self-perceptions of physical fitness.

**Learning domain E: Sports and mental health**

- E-1 Have the awareness and ability of improving mental health.
- E-2 Understand the content and characteristics of mental health.
- E-3 Master and apply the methods of improving the level of mental health.
- E-4 Master the ways to regulate emotions through sports activities.
- E-5 Understand the causes of psychological barriers and learn to overcome the barriers through playing sports.
- E-6 Develop students' autonomous learning ability through sports activities.

**Learning domain F: Sports and social adaption**

- F-1 Strengthen students' interpersonal skills through sports activities.
- F-2 Be able to show self-restraint when contradictions and conflicts occur during sports activities.
- F-3 Handle correctly the relationship between cooperation and competition.
- F-4 Treat the wins and losses in sports competitions correctly.
- F-5 Have the ability to confront adversity.
- F-6 Help students to be persistent in their life goals through playing sports.
- F-7 Support the national sports activities.