

Name of School:	School Code:
-----------------	--------------

Subject : Physical Education and Health							
The Requirements of Basic Academic Attainments at Junior Education <sup>(1)</sup>		Teaching Content to be covered through the following teaching activities ( State the name and content of the relevant modules / school-based curriculum / other learning activities )			If not covered, please state the reason(s) and provide possible solution(s)	Textbook	Remark(s):
Learning Domain	Concrete Content	F1	F2	F3			
A. Knowledge of sports and health	A-1	Understand the characteristics of male and female physical changes during puberty as well as the sensitive period of developing physical qualities.					
	A-2	Understand the gender differences in the development of teenagers’ body shapes and functions.					
	A-3	Obtain the basic knowledge of health and sports nutrition.					
	A-4	Obtain the basic knowledge and methods of hygiene and disease prevention as well as adolescent health care.					
	A-5	Obtain the basic knowledge and methods of sports and fitness.					
	A-6	Establish a healthy lifestyle.					
	A-7	Understand the knowledge and methods of sports safety.					
	A-8	Understand the risks of bad habits on health.					
	A-9	Improve agility, speed, strength and cardio-pulmonary function through physical trainings.					
B. Sports participation	B-1	Recognise the positive meaning of participating in physical education.					
	B-2	Participate in physical					

Name of School:	School Code:
-----------------	--------------

Subject : Physical Education and Health							
The Requirements of Basic Academic Attainments at Junior Education <sup>(1)</sup>		Teaching Content to be covered through the following teaching activities ( State the name and content of the relevant modules / school-based curriculum / other learning activities )			If not covered, please state the reason(s) and provide possible solution(s)	Textbook	Remark(s):
Learning Domain	Concrete Content	F1	F2	F3			
		education and sports activities in and outside school.					
	B-3	Form the habit of physical training.					
	B-4	Experience the benefits of playing sports.					
	B-5	Form the attitude of actively participating in sports activities.					
C. Sports skills	C-1	Master the basic rules and skills of track and field sports.					
	C-2	Master the basic rules and skills of ball games.					
	C-3	Master the basic rules and skills of gymnastics.					
	C-4	Master the basic skills of martial arts.					
	C-5	Master the basic safety rules of sports.					
	C-6	Master the skills of organising sports activities.					
	C-7	Be able to make use of community sports resources to develop sports activities.					
D. Sports and physical fitness	D-1	Understand the concept of physical fitness.					
	D-2	Understand the basic contents of physical fitness.					
	D-3	Understand the methods for measuring health-related physical fitness and the evaluation criteria.					

Name of School:	School Code:
-----------------	--------------

Subject : Physical Education and Health							
The Requirements of Basic Academic Attainments at Junior Education <sup>(1)</sup>		Teaching Content to be covered through the following teaching activities ( State the name and content of the relevant modules / school-based curriculum / other learning activities )			If not covered, please state the reason(s) and provide possible solution(s)	Textbook	Remark(s):
Learning Domain	Concrete Content	F1	F2	F3			
	D-4	Understand the methods for measuring skill-related physical fitness and the evaluation criteria.					
	D-5	Understand the training methods for health-related physical fitness.					
	D-6	Understand the training methods for skill-related physical fitness.					
E. Sports and mental health	E-1	Maintain the interests in participating in sports activities.					
	E-2	Explore the ways of controlling emotions through sports activities.					
	E-3	Have the willpower to overcome difficulties.					
	E-4	Form the lasting faith of insisting on doing sports activities.					
	E-5	Possess the attitude of actively maintaining mental health.					
	E-6	Improve the ability of self-presentation.					
F. Sports and social adaptation	F-1	Establish the consciousness of taking responsibility courageously.					
	F-2	Build team consciousness and develop cooperative ability.					
	F-3	Form the consciousness of abiding by rules.					

2017 / 2018

Academic year

Name of School:	School Code:
-----------------	--------------

Subject : Physical Education and Health							
The Requirements of Basic Academic Attainments at Junior Education <sup>(1)</sup>		Teaching Content to be covered through the following teaching activities ( State the name and content of the relevant modules / school-based curriculum / other learning activities )			If not covered, please state the reason(s) and provide possible solution(s)	Textbook	Remark(s):
Learning Domain	Concrete Content	F1	F2	F3			
	F-4 Show good sportsmanship.						
	F-5 Actively participate in community sports activities.						
	F-6 Encourage family members to participate in sports activities.						

Note: (1) Dispatch of Secretary of Social and Cultural Affairs No. 56/2017 ( Annex XII )

Data : ( D ) / ( M ) / ( Y )