

Annex 12

The Requirements of Basic Academic Attainments for Junior Secondary Physical Education and Health

I. Basic Rationale

The Physical Education and Health curriculum provides students with adequate opportunity and experience for participating in all kinds of sports, which helps them to acquire the fundamental knowledge of Physical Education and Health, elevating their physical fitness and motor skills, developing healthy daily habits and attitudes. Consequently, it helps students to create a healthy lifestyle; cultivate good psychological quality as well as perseverance and enterprising character, nurture the spirit of cooperation and fair competition; lay the foundation for promoting the healthy growth and all-round development of students. On these grounds, the Requirements of Basic Academic Attainments for Junior 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’ health 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 ability to participate in sports and social adaptability; closely combining sports activities and the concept of “healthy life”, enabling students to understand the importance of physical training and hygiene education, and promoting students’ health and all-round development.

2. Implementing effective teaching strategies in Physical Education; guiding students to master methods of physical training

With the implementation of effective teaching strategies, the Physical Education and Health curriculum aims to improve students’ learning development; stimulate students’ potential in physical fitness, sports skills and mental development based on the characteristics of their individual differences as well as personal interests. By creating a happy teaching and 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; cultivating a lifelong sporting habit.
Through stimulating students' interests in sports, the Physical Education and Health curriculum enables students to appreciate and enjoy doing sports, to actively participate in sports activities in class and after class, making sports activities an indispensable element of life, as well as turning their interest in sports into a lifelong sporting habit.
4. Attaching importance to students' individual differences; promoting healthy development for all students

The Physical Education and Health curriculum should focus on students' physical condition for sport participation and motor abilities; pay attention to 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 children's all-round development into full play.

II. Curriculum Goals

1. Nurture students in mastering the fundamental knowledge, skills and methods of sports activities and health, establishing the concept of "healthy life".
2. Guide students to understand the importance of sports for healthy growth, and develop a healthy basic attitude towards life.
3. Guide students to master the basic sports skills favourable to healthy living by using a progressive way of learning.
4. Guide students to actively enhance their individual health-related fitness in accordance with their personal conditions, in order to promote the improvement of health status.
5. Nurture students' interests in participating in sports activities, developing a habit of practicing sports for life.
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:

[Reference Only]

- (1) The capital English letters represent the requirements of basic academic attainments in different learning domains; A - Knowledge of sports and health, B - 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 signifies the serial number of the requirements of basic academic attainment in the respective learning domain.

Learning domain 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.

Learning domain B: Sports participation

- B-1 Recognise the positive meaning of participating in physical education.
- B-2 Participate in physical 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.

Learning domain 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.

[Reference Only]

C-7 Be able to make use of community sports resources to develop sports activities.

Learning domain 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.

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.

Learning domain 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.

Learning domain 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.

F-4 Show good sportsmanship.

F-5 Actively participate in community sports activities.

F-6 Encourage family members to participate in sports activities.