

Annex XI

Primary School Physical Education and Health

Requirements of Basic Academic Attainments

1. Basic rationale

The Physical Education and Health curriculum provides students with the experience of adequate participation in a variety of sports activities, helps them acquire the fundamental knowledge of life, sports and health, as well as enhances their different body movement skills, thus enabling them to develop good living habits, attitudes, mental qualities, perseverance, a team spirit and a fair play spirit, so as to lay a sound foundation for promoting the growth and whole-person development of students. To this end, the requirements of basic academic attainments for primary school Physical Education and Health shall comply with the following basic rationale:

- (1) Establishing a “healthy life” development concept to comprehensively promote the healthy development of students

The Physical Education and Health curriculum aims to promote the healthy and holistic development of students by incorporating the health knowledge involved in the process of exercising into teaching, so as to help students understand the importance of physical exercise and health education, improve their physical fitness, health awareness, sports participation and social adaptation abilities. In addition, the curriculum should be able to combine sports with the development concept of “healthy life” so as to promote the healthy and holistic development of students.

- (2) Implementing effective physical education teaching and guiding students to a successful learning experience

The Physical Education and Health curriculum promotes the development of students’ learning through the effective implementation of physical education teaching. Therefore, the curriculum should, according to students’ individual differences and interests, help stimulate their physical fitness, sports skills and mental potential, and

create a harmonious and consistent learning atmosphere to accommodate students' development, so that students can have the opportunity to learn effectively and to experience successful learning.

(3) Stimulating students' interest in sports and helping them build a lifelong exercise habit

Through effective teaching contents, methods and means, the Physical Education and Health curriculum aims to stimulate students' interest in sports, enable them to appreciate and enjoy the pleasure of participating in sports, encourage them to actively take part in sports activities inside and outside class, and incorporate sports into their everyday life, so as to help them lay a foundation for building a lifelong exercise habit.

(4) Laying stress on students' individual development and promoting their whole-person development

The Physical Education and Health curriculum should attach importance to the physical conditions, sports abilities and interests of students for participating in sports. Appropriate learning goals and assessment methods should be developed for students by considering their individual differences and needs. The curriculum should be able to encourage students to actively take part in sports through lively and interesting teaching contents and bring the role of sports in promoting students' whole-person development into full play.

2. Curriculum Goals

- (1) Master the fundamental knowledge about sports and health as well as related basic skills and methods, and understand the development concept of "healthy life".
- (2) Understand the importance of sports to health development and cultivate healthy life attitudes and good behaviours.
- (3) Master various basic sports skills through progressive learning.
- (4) Actively enhance physical fitness to improve health.
- (5) Enjoy participating in sports and develop the exercise habit.

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- (6) Have good interpersonal relationship, team spirit and social adaptability, and cultivate sound psychological quality.

3. Requirements of Basic Academic Attainments in Various Domains

Explanation of coding:

- (1) The English capital letters refer to the domain of the requirements of basic academic attainments: e.g. A – “Sports Knowledge”, B – “Sports Skills”, C – “Sports and Physical and Mental Health”, D – “Sports and Physical Fitness”, E – “Sports Participation”, and F – “Sports and Social Adaptation”;
- (2) The first number after the English letter refers to the serial number of the learning stage: 1 - Stage 1 (P1 to P3), 2 - Stage 2 (P4 to P6);
- (3) The second number after the English letter refers to the serial number of the requirements of basic academic attainments in that learning scope.

Learning Scope A: Sports Knowledge

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| A-1-1 | Understand the things that should be noted when doing sports. |
| A-1-2 | Understand how to deal with minor sports injuries. |
| A-1-3 | Know how to follow sports information through different channels. |
| A-2-1 | Know common sports and sporting competitions. |
| A-2-2 | Know the rules of the sports participated in. |
| A-2-3 | Understand how to prevent and treat injuries in common sports scenarios. |
| A-2-4 | Know how to obtain common sports information through different channels. |

Learning Scope B: Sports Skills

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| B-1-1 | Be able to perform simple static and dynamic balance movements. |
| B-1-2 | Be able to maintain the balance of the body while in motion. |
| B-1-3 | Be able to reasonably perform walking and running movements |
| B-1-4 | Be able to perform simple jumping movements. |
| B-1-5 | Be able to reasonably pass, catch, control, strike and kick an object. |
| B-1-6 | Be able to reasonably throw an object. |

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- B-2-1 Be able to support and balance the body with different body parts for a short time.
- B-2-2 Be able to perform simple jumps while in motion.
- B-2-3 Be able to pass, catch, control, strike and kick an object while in motion.
- B-2-4 Be able to control the force and accuracy when throwing an object.
- B-2-5 Be able to perform simple combinations of movements.
- B-2-6 Be able to master the basic skills of several sports and apply them in activities.

Learning Scope C: Sports and Physical and Mental Health

- C-1-1 Understand the benefits of sports to health development.
- C-1-2 Understand the impact of insufficient physical exercise on health.
- C-1-3 Know the basic functions of various body parts in sports.
- C-1-4 Cooperate with teammates in games and enjoy the games.
- C-1-5 Respect others' reasonable opinions when participating in games.
- C-1-6 Experience success and failure in sports and be able to express emotions and feelings.
- C-2-1 Know that physical exercise is conducive to the improvement of body functions and the development of body shape.
- C-2-2 Know that having the right amount of exercise is an effective way to prevent diseases.
- C-2-3 Know that there should be a balanced diet to supplement appropriate nutrition when doing exercise.
- C-2-4 Be able to show the attitude of "being humble in victory and gracious in defeat" when participating in sports.
- C-2-5 Be able to notice their level of sports performance and that of others, and accept the difference.
- C-2-6 Be able to overcome certain difficulties and insist on doing sports.

Learning Scope D: Sports and Physical Fitness

- D-1-1 Know the concept and types of physical fitness.
- D-1-2 Know the impact of sports on physical fitness.

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- D-1-3 Understand that having the habit of doing exercise regularly can help maintain good physical fitness.
- D-1-4 Through sports, meet the health-related physical fitness norms corresponding to the ages of local children.
- D-2-1 Know the differences between health-related physical fitness and sport-related physical fitness, as well as the things that should be noted when doing sports.
- D-2-2 Understand the benefits of physical fitness and actively take part in sports that are conducive to improving physical fitness.
- D-2-3 Through sports, meet the health-related physical fitness norms corresponding to the ages of local youth/children.
- D-2-4 Be able to master the methods of measuring health-related physical fitness.

Learning Scope E: Sports Participation

- E-1-1 Be able to participate in games actively.
- E-1-2 Be able to know and use sports equipment and venues safely and reasonably.
- E-1-3 Be able to express their feelings about participating in sports games.
- E-2-1 Enjoy participating in sports.
- E-2-2 Be able to choose an appropriate sports environment to participate in sports.
- E-2-3 Be willing to share their experience of participating in sports with others.

Learning Scope F: Sports and Social Adaptation

- F-1-1 Be able to observe game rules and cooperate with others to complete a game.
- F-1-2 Be able to respect others and get on well with others in games.
- F-1-3 Be able to accept and assist those with lower abilities.
- F-1-4 Be able to use sports equipment and venues in an orderly manner.
- F-2-1 Understand and observe sports rules and obey the referees.
- F-2-2 Be able to accept the mistakes made by themselves or their partners

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in sports.

F-2-3 Be able to care for and help those with lower sports abilities.

F-2-4 Be able to have the courage to take the responsibility of learning in a group and strive for the common goals of the group.