

2017 / 2018

Academic year

Name of School:	School Code:
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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	F4	F5	F6			
A. Knowledge of sports and health	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.					
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.					

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Learning Domain	Concrete Content	F4	F5	F6			
	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.					
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.					
	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.					

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Learning Domain	Concrete Content	F4	F5	F6			
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.					
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					

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Learning Domain	Concrete Content	F4	F5	F6			
	learn to overcome the barriers through playing sports.						
E-6	Develop students' autonomous learning ability through sports activities.						
F. Sports and social adaptation	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.						

Note: (1) Dispatch of Secretary of Social and Cultural Affairs No. 55/2017 ( Annex XII )

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