

Ongoing Renewal of the School Curriculum: Updated PE KLA Curriculum Guide

PE Section
May 2017



Volleyball Lesson: Underhand digging

May you propose a lesson plan for underhand digging?
(for P. 5 students or S. 1 students)

- Warming Up -
- Skills training -
- Application -
- Calming down -

Traditional Learning and Teaching in PE

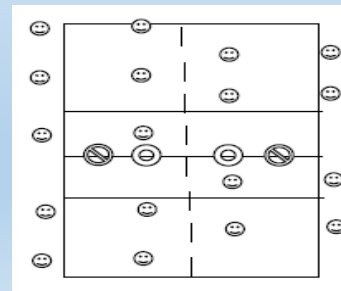
Arrangement of activities:

- Level 1
- Level 2
- Level 3
- Level 4
- Level 5

Can we re-arrange the L&T activities?

Arrangement of activities:

- Separate students in different groups (Level 1 and Level 5)
- Separate students in different groups (Level 2, Level 3 and Level 4)
- Teachers give instructions to each group of students



Evaluation of the lessons

Questions:

- How many students can acquire the skills?
- How many students will practice after the lessons?
(time, venue, person)
- How many students are interested in learning volleyball in PE lessons?
- Any generic skills can be developed in learning volleyball?
- Any positive values and attitudes can be nurtured?
- Can we better re-arrange the lessons to cater for learner diversity?

Cater for learner diversity

- School team players – mastered
- Students – need small amount of time to acquire the skills
- Students – need more time to acquire the skills
- Do students know [what they will learn/the learning progression](#) in this school year? (For example, Badminton and Volleyball, <http://www.keilong.edu.hk/~pe/intro.htm>)
- How can they extend learning beyond PE lessons?

Learning beyond PE lessons

- Practice according to the learning progression table
- Self-/Peer assessment within intranet
- Submit video clips for grading
- Comments on sports news
- Small programmes to extend learning
(Running for Marathon, Table-tennis, Rope Skipping)
 - <http://www.keilong.edu.hk/~pe/running.pdf>
 - <http://www.delasalle.edu.hk/CustomPage/paragraphGroup.aspx?webPageId=49&pageId=92>

Learning and Teaching in PE

Skills acquisition

1. Demonstration by Teachers/Students
2. Imitation by Students
3. Corrections by verbal feedback/self- / peer assessment
4. Game situation – Application

Repeat the above steps to learn other motor and sports skills in different physical activities

Learning and Teaching in PE: Teaching Games for Understanding (Handball)

Arrangement of activities:

- Level 1: “Five Passes”
- Level 2: “Touching Opponent to kick him off”
- Level 3: Modified Rugby game
- Level 4: Modified Handball game

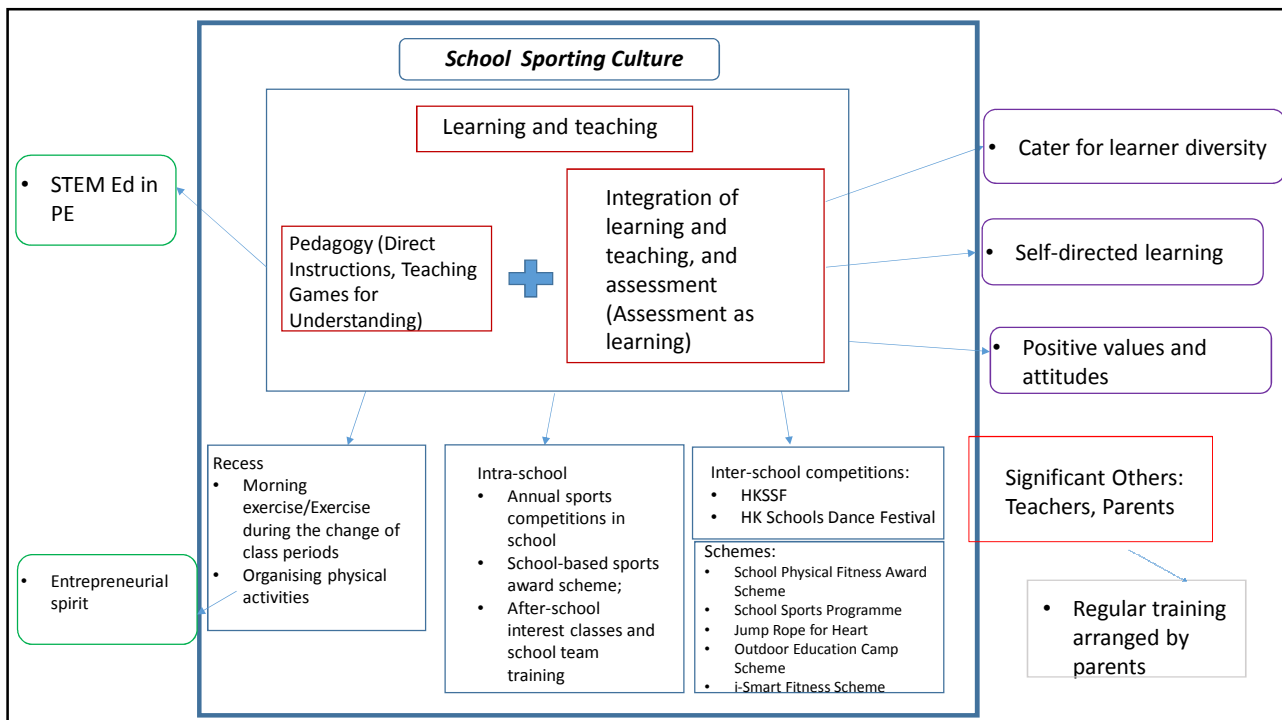
Learning and Teaching (understanding)

Leg Stretching:

Different postures will help stretching different parts of the leg

High Jump: Jumping on the polypad to uplift the centre of gravity (running to jumping)

Crouch Start: The position of the feet



Gifted Education in PE

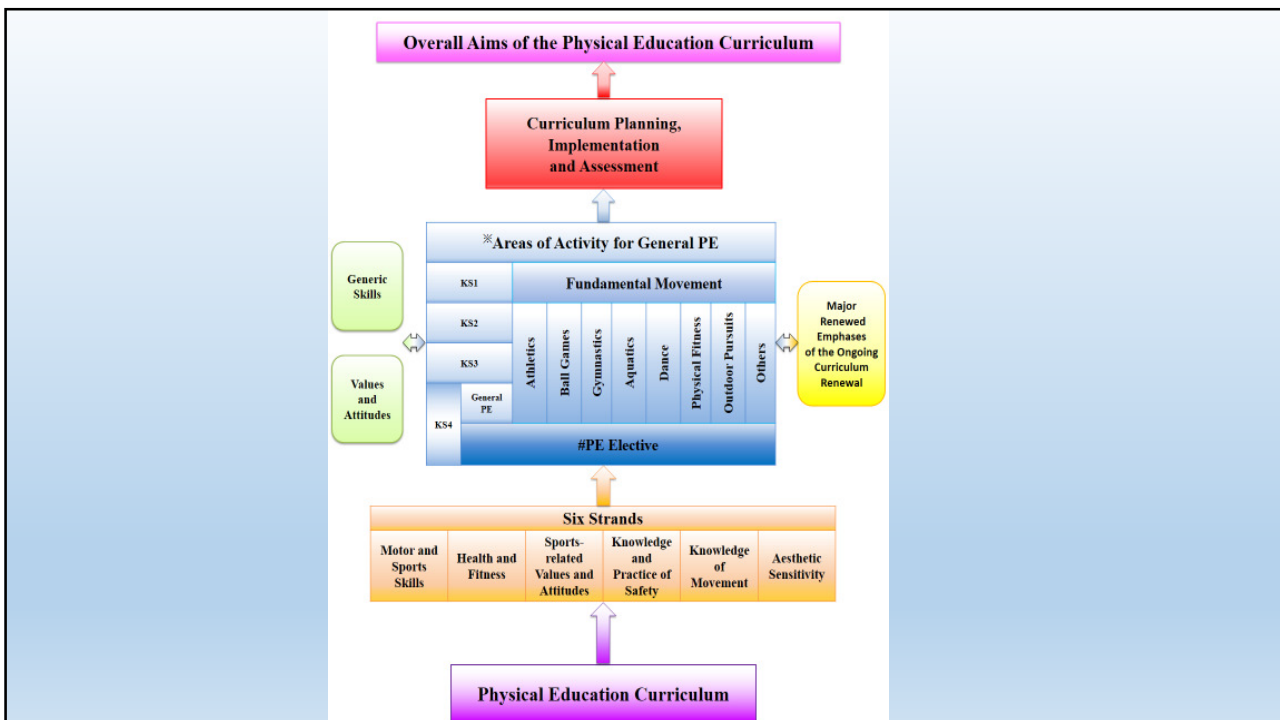
- Level 1 – Whole-class (school-based)
 - ✓To engage students in a wide range of physical activities during PE lessons
- Level 2 – Pull-out (school-based)
 - ✓To organise interest groups and team trainings for students with sports potential to receive systematic and intensive training beyond lessons
- Level 3 – Off-site support
 - ✓To refer students with sports potential or excellent performance to relevant national sport associations for further training

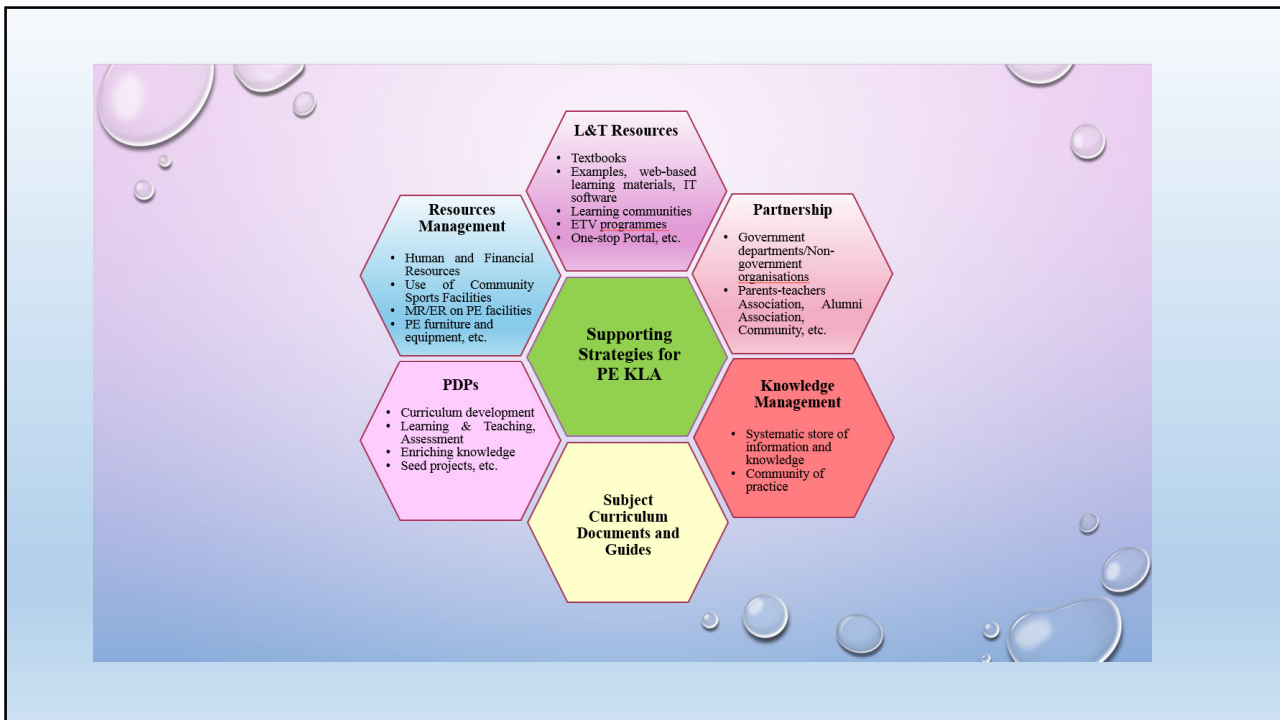
Rationale and Direction for Development

- developing students' competence to participate in a broad range of physical activities;
- nurturing students' positive values and attitudes, and an interest to lead an active and healthy lifestyle throughout their lifetime;
- motivating students to engage regularly in physical activity according to the recommendation of the World Health Organisation (WHO); and
- taking account of the changing contexts in society and the world by incorporating various MRE of the ongoing curriculum renewal into the PE KLA curriculum for cultivating students' capabilities for life-wide and lifelong learning.

The overall aims of the PE KLA curriculum are to help students:

- develop motor skills and acquire knowledge through physical activity, and cultivate positive values and attitudes for the development of a habit of doing exercises;
- acquire good health, physical fitness and body co-ordination through leading an active and healthy lifestyle;
- promote desirable moral behaviour, co-operation in communal life, ability to make decisions and appreciation of aesthetic movements; and
- become responsible citizens who contribute to the building of an active and healthy community.





SUPPORT

LEARNING COMMUNITY/CIRCLES

- KS1: Fundamental Movement Learning Community
- KS2-KS4: IT in PE Learning Circle
- KS4: SS PE Learning Circle

PROFESSIONAL DEVELOPMENT PROGRAMMES

- Seminar for PE Curriculum Leaders in Primary and Secondary Schools
- Induction Course for New PE Panel Heads
- Learning Topics in the Six Strands
- PE Elective (Life-planning, Practical Assessment Protocol, Thematic)
- Talent Identification: From Schools to Sports

- ✓ Learning and Teaching / Skills Workshop
 - IT in PE Workshop
 - Fitness Seminar and Workshop
 - Dance / Sailing / Gymnastics Workshops
- ✓ Summer School for PE Teachers 2017
 - Theme: Nurturing Positive Values and Attitudes through PE
 - Conference, Parallel Sessions, Workshops

- ✓ Safety
 - Safety Seminar
 - Water Safety Workshop
 - Prevention of Sports Injuries: Strength and Conditioning

✓ Major Renewed Emphases (MRE)

- Nurturing Students' Entrepreneurial Spirit through PE
- STEM Education in PE

(<https://www.eduhk.hk/hpe/view.php?secid=51469>)

- e-Learning

(http://www.edb.gov.hk/en/curriculum-development/kla/pe/it_pe/index.html)

OTHER SUPPORTS / STUDENT ACTIVITIES

- Use of the LCSD & the HD Sports Facilities by Schools
- School Sports Programme
- School Sports Programme Coordinator Scheme
- Curriculum Development Visits
- Update of Safety Guidelines (as of 2016)–
 - Influence of cold weather/ Intense Cold Surge
 - Safety measures under thunderstorm warning
 - Revision on water depth for surface dive or backstroke start for swimming activities

- Inter-school Sports Competitions (by HK Schools Sports Federation)
- Outdoor Education Camp Scheme
- School Physical Fitness Award Scheme
- Schools Dance Festival
- Summer Dance Fun Day
- Jump Rope for Heart
- AS Watson Group HK Students Sports Awards



Thank you!