

New Senior Secondary Curriculum

Physical Education

Curriculum Development Institute
Education Bureau
2009

Inherently Interesting and Highly Relevant to Daily Life

At senior secondary, the Physical Education (PE) Key Learning Area includes **Other Learning Experiences – Physical Development** and the **PE Elective**.

Physical Development is one of the essential learning experiences in the school curriculum of Hong Kong, which is also called General PE. Through structured PE lessons, students can acquire a wealth of multifarious learning experiences which help them develop an active and healthy lifestyle.

As for the **PE Elective**, it has a diversified curriculum based on the General PE Curriculum. With a cross-curricular design, it covers various key learning areas and can cater for different interests, abilities and needs of students, helping them lay a solid foundation in science, humanities and social sciences to meet future needs.

Through the experience of participating in physical activities and various learning modes, students will develop relevant knowledge, skills, values and attitudes. The **PE Elective** is an interesting subject which highlights the advantages of leading an active and healthy lifestyle. It is suitable for all students who have an interest in physical activities.

Enquiry through Practice and Empirical Analysis

The **PE Elective** emphasises “learning by doing” – students will apply the theories and knowledge learnt and put them to the test in authentic contexts like physical training, competitions and assisting in the planning of physical activities. Then they discuss and analyse such practical experiences in class to make learning more real and more effective.

Visits



Interviews



Fitness evaluation



Reflections on learning

Multi Perspectives and Higher Order Thinking

Students have ample opportunities to study, self-reflect and make overall judgment at individual, community, district, national and global levels for constructing new knowledge.

Web-based learning



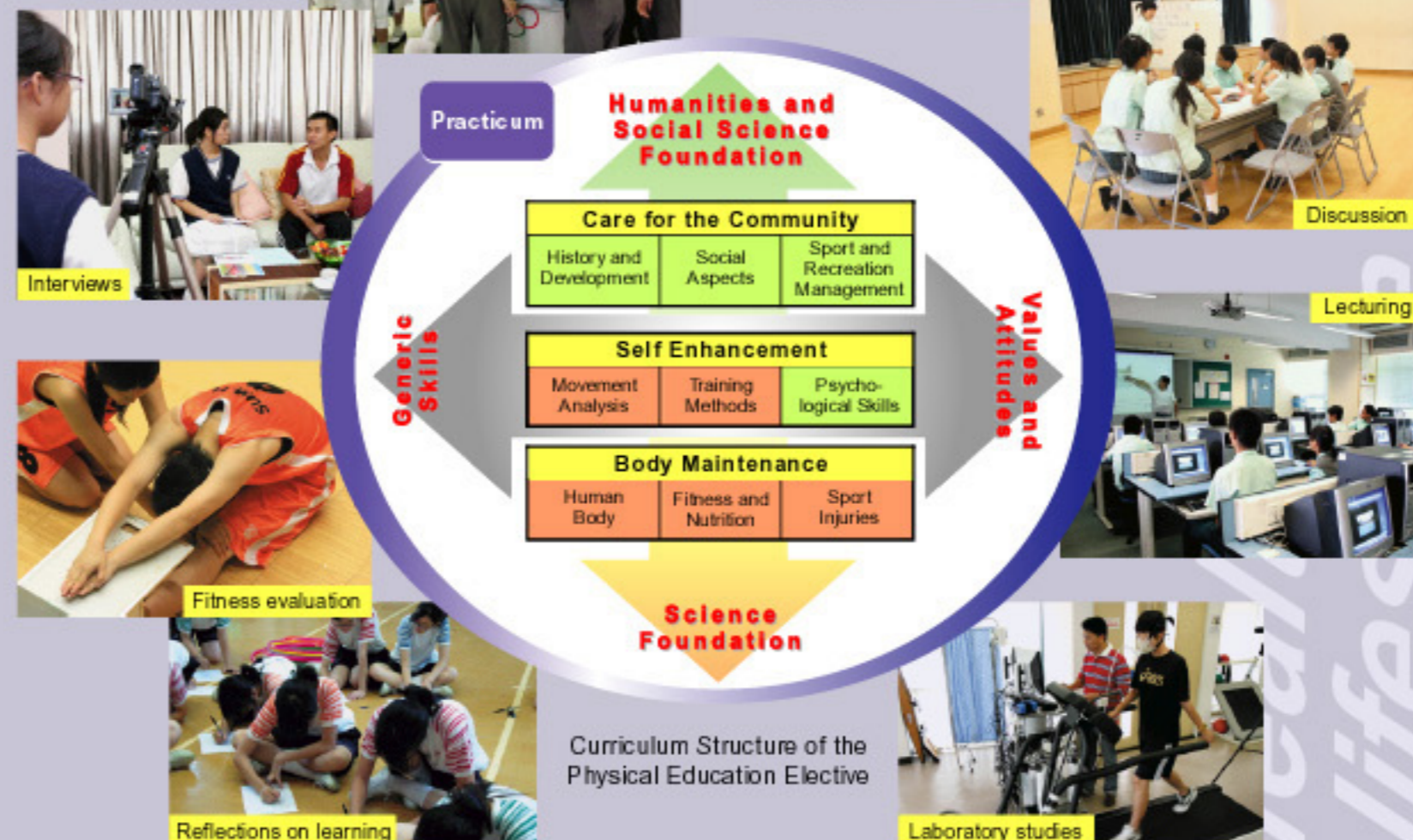
Discussion



Lecturing



Laboratory studies



**Cross-curricular Design with Diverse Elements
Strong Theory-Practice Linkage for Deep Learning**

Enhancing Skills with Experiential Learning

Students will participate in two physical activities according to their interests and undergo physical fitness training. They will enhance their performance by developing self-regulation ability through real-life tasks with feedback from teachers and peers.

Public Examination of the PE Elective

Performance in two self-selected physical activities and physical fitness

30%

Theoretical part
70%

Tips:

The **PE Elective** is one of the subjects in the Hong Kong Diploma of Secondary Education Examination and is accepted by universities as part of their admission criteria. Whether students choose to further their studies locally or overseas or join the workforce, they will acquire a lot of interesting and practical experiences during the three years of study.



For further information on the **PE Elective**, please visit the following website:
www.edb.gov.hk/334/pe