

1.5 Role of Teachers

- Teachers should develop a balanced curriculum that is creative, interesting and challenging. At the same time, attention should be given to the development of students' generic skills, aesthetic appreciation, as well as values and attitudes.
- Teachers should design co-curricular activities to fit in with daily PE lessons. In this way, students may enrich their learning experiences, have more opportunities to join activities and develop their interests.
- When designing learning and teaching activities, teachers should give careful consideration to the levels, abilities and interests of students, as well as school or community resources and safety issues.
- Teachers need to set clear learning objectives for each lesson and help the majority of or the whole class to master related skills, knowledge, values and attitudes.
- Teachers should help students, from a young age, understand the importance of safety precautions for physical activities, such as the practice of avoiding pushing and shoving, the proper way of moving, setting up and using equipment, etc.
- Regular physical fitness training brings about a healthy body and a high level of physical performance. Teacher should include it in daily PE lessons, as appropriate, to help students know their personal physical conditions and better understand the benefits of regular exercise.
- Teachers should provide opportunities for students to enjoy sports and avoid giving long lectures. Simple competitions should be organised as far as possible to arouse students' interest in sports and allow them to practise learnt skills in authentic contexts.
- Teachers should refer to "*Safety Precautions in Physical Education for Hong Kong Schools*" published by the former Education Department in 1999, and relevant notices or recommendations, and ensure that all safety measures have been taken.