

Appendix III: Skills List

- Learning and teaching activities may be varied by considering movement concepts (such as speed, direction, level, effort, pathway, space, relation with music and relation with objects), apparatus (such as bean bag, quoit, rubber ball, shuttlecock, cane, badminton shuttlecock and coloured band), or task requirements (such as high/low, distance, target, on spot/stationary, moving, run and stop and jumping over obstacles).
- Teachers may refer to “*Syllabuses for Primary Schools: PE (P1-6)*” published in 1995 by the Curriculum Development Council for some suggested activities.

Locomotor Skills

Overall Level		Suggested Activities
1	2	
<input type="radio"/>		Walking
<input type="radio"/>		Galloping
<input type="radio"/>		Skipping
<input type="radio"/>		Sliding
<input type="radio"/>		Step-hopping
<input type="radio"/>		Stop after walking
	<input type="radio"/>	Knee lift walking
	<input type="radio"/>	Marching
<input type="radio"/>	<input type="radio"/>	Forward running
<input type="radio"/>		Free running (space, directions)
	<input type="radio"/>	Knee-lift running on spot
	<input type="radio"/>	Knee-lift running
	<input type="radio"/>	Fartlek running
	<input type="radio"/>	Sprinting
<input type="radio"/>		Bouncing
<input type="radio"/>		Two feet to two feet jumping (forward, upwards)
<input type="radio"/>		One foot to two feet jumping (forward, upwards)
<input type="radio"/>		Two feet to one foot jumping (forward, upwards)
<input type="radio"/>		One foot to an other foot jumping (forward, upwards)
<input type="radio"/>		One foot to same foot jumping (forward, upwards)
<input type="radio"/>		Star jumping
<input type="radio"/>		Jumping from hip joint height(landing on both feet)

Overall Level		Suggested Activities
1	2	
	<input type="radio"/>	Continuous hopping
	<input type="radio"/>	Leaping on spot
	<input type="radio"/>	Leaping while running
	<input type="radio"/>	Standing high jump
	<input type="radio"/>	Standing long jump
	<input type="radio"/>	Rope skipping in tucked position
	<input type="radio"/>	Forward rope skipping (both feet)
	<input type="radio"/>	Forward rope skipping while running
	<input type="radio"/>	Single rope skipping (single foot, both feet)
	<input type="radio"/>	Rope skipping in pairs
	<input type="radio"/>	Side-by-side rope skipping (double/triple/multiple)
	<input type="radio"/>	Jumping over a rolling hoop
	<input type="radio"/>	Airbourn turning
	<input type="radio"/>	With approach, both feet take-off from spring-board, land on mats
	<input type="radio"/>	With approach, both feet take-off from spring-board, squat vault onto a box
	<input type="radio"/>	With approach, single foot take-off, both feet landing on mats (with certain height and distance for jumping, trunk extending in air)
	<input type="radio"/>	Squat vault onto a box from spring-board (three layer side box)
	<input type="radio"/>	Pulling whole body forward with hands on bench (fur seal crawling)
	<input type="radio"/>	Imitating animals (e.g. caterpillar, crab, tortoise) with hands and legs crawling
	<input type="radio"/>	Imitating animals (e.g. frog, spider) with hands as support
	<input type="radio"/>	Imitating horse kicking
	<input type="radio"/>	Imitating the hands at a clock moving clockwise
	<input type="radio"/>	Imitating bunny jumping

Stability Skills

Overall Level		Suggested Activities
1	2	
	<input type="radio"/>	Sideward roll
<input type="radio"/>		Straight body turning
<input type="radio"/>		Roll in tucked position (egg rolling)
	<input type="radio"/>	Forward roll in tucked position
	<input type="radio"/>	Backward roll in tucked position
	<input type="radio"/>	Forward roll twice in tucked position
	<input type="radio"/>	Straddle forward roll, end in tucked position
	<input type="radio"/>	Cartwheel
<input type="radio"/>		Various poses for balance (e.g. letters of the alphabet, shapes, animals, daily household items)
<input type="radio"/>		Various numbers of weight-bearing points
<input type="radio"/>		Copying partner's poses
	<input type="radio"/>	Airborne turning
	<input type="radio"/>	Using various body parts for weight-bearing
	<input type="radio"/>	Light leaps on bench
	<input type="radio"/>	In pairs, walking sideways and changing position with partner on bench
	<input type="radio"/>	Walking forward on bench balancing a bean bag on the head
	<input type="radio"/>	Using the top of bench: walking forward and backwards (single)
	<input type="radio"/>	Using the top of bench: pairs facing each other, walking forward and changing position with partner
	<input type="radio"/>	Using the reverse side of bench: walking forwards and backwards
	<input type="radio"/>	Using the reverse side of bench: walking sideways
	<input type="radio"/>	Using the reverse side of bench: half turn with both feet on bench
	<input type="radio"/>	Using the top of bench: single-foot balance (side/front scale balance)
<input type="radio"/>		Single-hand counter-balance
<input type="radio"/>		Both hands counter-balance
<input type="radio"/>		Leg counter-balance
<input type="radio"/>		Single-hand counter-tension
<input type="radio"/>		Both hands counter-tension
<input type="radio"/>		Leg counter-tension
<input type="radio"/>		Turning on spot
<input type="radio"/>		Twisting on spot
<input type="radio"/>		Making use of various parts of the body to create movements
	<input type="radio"/>	Combining elements like running, jumping, rolling and balancing
<input type="radio"/>		Making use of elements such as walking, running, jumping, rolling and balancing to create various thematic movements, e.g. robots, animals, etc
<input type="radio"/>	<input type="radio"/>	In groups of two for creation
<input type="radio"/>	<input type="radio"/>	More students in groups for creation

Manipulative Skills

Overall Level		Suggested Activities
1	2	
○		On spot, single-hand bouncing, both hands catching
	○	On spot, continuous single-hand bouncing
	○	On spot, continuous bouncing with alternate left and right hand
	○	Bouncing with left and right hand interval
	○	Bouncing while moving
	○	Bouncing while moving with a zig zag pathway
	○	Body squat bouncing
	○	Dribbling
	○	Slow running to dribble a ball
	○	Dribbling with alternate left hand and right hand
	○	Continuously bat on a shuttlecock with hands
	○	Use a short bat to bat on a shuttlecock continuously
	○	Partners use short bats in passing a shuttlecock
	○	Single hand hitting with racket
	○	Striking
○		Throwing and catching with both hands
○		Single-hand throwing, both-hand catching
○		(Partner) Throwing, catching with both hands
○		(Partner) single-hand throwing, both-hand catching
	○	Left/right-hand throwing, right/left-hand catching
	○	Single-hand throwing, single-hand catching
	○	(Partner) single-hand throwing, single-hand catching
	○	Single-hand throwing, single-hand pulling on
	○	Single-hand throwing, short stick pulling on
	○	Under-arm throwing and catching while running
○	○	Throwing light items forward
	○	Throwing and catching with a partner
	○	Shooting with both hands
	○	Shooting with single hand
	○	Over-arm throwing and catching while running
	○	Over-arm throwing to target

Overall Level		Suggested Activities
1	2	
○		Rolling and catching a ball with hands
○	○	Rolling and catching a ball with single hand
	○	(Partner) rolling and catching with both hands
	○	(Partner) rolling and catching with single hand
	○	Target rolling and catching
	○	Collecting and stopping a rolling ball (slowly rolling a ball forward, chasing forward to collect and stop it)
	○	In pairs, one rolling a ball with a hand, partner dribbling it back with inside of the foot
○		Kicking a ball with instep
○		Punting (ball/shuttlecock)
	○	Kicking a ball with instep (with approach)
	○	Receiving a ball with inside of the foot
	○	Kicking a ball with inside of the foot
	○	In pairs, moving a ball forward through passing
	○	Passing and catching while running
	○	Passing and catching while running (in different ways)
	○	Passing a small rubber ball against the wall, rebounding from the floor and catching it
	○	Passing a small rubber ball against a target on the wall, rebounding from wall and catching it
	○	Bouncing in pairs
	○	In groups of three, one standing in the middle, the other two bounce the ball through his/her legs

Strategy for Game Participation

Overall Level		Suggested Activities
1	2	
	○	Understand the basic strategy of zone game: Attack the open space of the opponent, defend and eliminate open space of own side, use feints and fake movements, etc
	○	Understand basic strategy of confrontation competition: Walk in favourable position to assist teammates, intercept the opponents and use feints and fake movements, etc