

2.7 Extended Tasks

In extended tasks, apart from mastering and improving on the skills learnt and developing an interest in physical activities, students can understand the important relationship between physical activities and personal and social development.

Students may join various kinds of aquatic sports and make use of the environment, resources and opportunities to develop their talents in specific events. They may study the characteristics of various swimming activities or conduct an in-depth enquiry about swimming, through applying information technology and engaging in related projects and exhibitions.

Students may perform the role of a sports leader or junior coach within the school and in the community. In the process, they will develop responsibility, the ability to make independent decisions and the skills to get along with people. Some suggestions are given below:

Skills	Knowledge	Values and Attitudes	Others
<ul style="list-style-type: none"> • Revision and strengthening of the skills learnt • Butterfly stroke • Competitive swimming skills • Starts and turns of various swimming strokes • Treading water • Diving 	<ul style="list-style-type: none"> • History and development of swimming • Rules and regulations of swimming • Terminology of swimming • Analysis of skills • Safety knowledge • Rules and regulations of pool 	<ul style="list-style-type: none"> • Responsibility • Ability to make independent decisions • Commitment • Respect for others • Perseverance • National identity • Spirit of serving others • Team spirit • Courage to face success and failure 	<ul style="list-style-type: none"> • Leadership • Generic skills • Aesthetic appreciation