

## **3.2 Learning Objectives in the Six Strands**

### **Motor and sports skills**

Through various kinds of simple and inter-related activities or games, students gain an understanding of athletics as a sport, acquire basic skills in running, jumping and throwing, and apply them in different competitions and daily life.

### **Health and fitness**

Through participating in athletics, students can better understand not only the relationship of health with sports and the factors affecting health, but also the use of the **FITT** (Frequency, Intensity, Time, Type) principles to design personal fitness programmes to maintain good health and the optimal physical fitness level.

### **Sports-related values and attitudes**

Through participating in athletics, students become more assertive, know how to face challenges, success and failure, understand the importance of appreciating individual differences and respecting others, and learn to convey their views and feelings in appropriate ways to strengthen collaboration and team spirit; and share the joy of participating in athletics activities.

### **Knowledge and practice of safety**

Through different learning and teaching activities, students better understand athletics and heighten their safety awareness in the sports. They learn how to prevent and handle accidents related to athletics.

### **Knowledge of movement**

Through different learning and teaching activities, students acquire knowledge about the correct techniques and different skills in athletics and seek ways to improve on specific weaknesses. This cultivates their critical thinking skills. They can also make use of information technology such as the Internet to collect information and analyse different topics connected with athletics to report on what they have learnt.

### **Aesthetic sensitivity**

In various forms of practice, competition and related activities, students have opportunities to observe other people's performance and learn to identify aesthetic elements through reflection and sharing.