

## 3.7 Extended Tasks

In extended tasks, apart from mastering and improving on the skills learnt and developing an interest in physical activities, students have to understand the important relationship between physical activities and individual or community development.

Students may join various kinds of athletics activities and make use of the environment, opportunities and resources to develop their talents in specific events. They may study the characteristics of various athletics events or conduct an in-depth enquiry about athletics, 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"> <li>• Revision and strengthening of the skills learnt</li> <li>• Middle and long distance running</li> <li>• Relay (4 x 400 m)</li> <li>• Triple jump</li> <li>• Discus</li> <li>• Javelin</li> </ul>	<ul style="list-style-type: none"> <li>• History and development of athletics</li> <li>• Rules and regulations of athletics competitions</li> <li>• Equipment and facilities</li> <li>• Analysis of skills</li> <li>• Safety knowledge</li> <li>• Terminology of athletics</li> <li>• Refereeing</li> <li>• Influence of temperature and humidity on practising middle and long distance running</li> </ul>	<ul style="list-style-type: none"> <li>• Responsibility</li> <li>• Ability to make independent decisions</li> <li>• Commitment</li> <li>• Respect for others</li> <li>• Perseverance</li> <li>• National identity</li> <li>• Spirit of serving others</li> <li>• Team spirit</li> <li>• Courage to face success and failure</li> </ul>	<ul style="list-style-type: none"> <li>• Leadership</li> <li>• Generic skills</li> <li>• Aesthetic appreciation</li> </ul>