

4.1 Introduction

Ball games commonly taught in primary and secondary schools include basketball, football, volleyball, handball, badminton, table tennis, etc. Other ball games such as rugby, softball, hockey, netball, tennis, squash, bowling and golf may also be included in the PE curriculum to broaden the knowledge and arouse the interests of students.

Ball games are very popular in primary and secondary schools. Students often play ball games in the school campus or at public sports grounds, especially after school. The wide media coverage of related information makes such physical activities particularly attractive to students.

In ball games lessons, students learn related physical skills; the history and development of the games, and their rules, regulations and characteristics as well as the relevant safety precautions. This helps them develop an interest in participating in or watching ball games during their leisure time and in leading an active and healthy lifestyle.

4.2 Learning Objectives in the Six Strands

Motor and sports skills

Teachers can design learning activities based on easy games to help students understand the characteristics of different ball games and acquire relevant basic skills and tactics.

Health and fitness

By participating in ball games, students learn the relationship between sports and health, as well as the factors affecting health. They know that regular participation in ball games helps them maintain good health and attain the optimal level of physical fitness.

Sports-related values and attitudes

Through participation in various ball games, students learn how to face challenges, success and failure; acquire the proper etiquette, values and attitudes for playing ball games; understand the importance of appreciating individual differences and respecting others; learn to convey their views and feelings in appropriate ways; develop perseverance and team spirit; and share the joy of an interest in ball games.

Knowledge and practice of safety

Through different learning and teaching activities, students learn the safety rules of different ball games and heighten their safety awareness to prevent accidents, by such measures as using venues in an appropriate way and maintaining enough space among players. Such knowledge will enable them to react properly in emergencies.

Knowledge of movement

Through different learning and teaching activities, such as using the Internet to collect information for analysis and thematic reports, students can learn about different aspects of various ball games, such as their historical background, rules and regulations, and the special etiquette and strategies associated with them. This can help them improve performance, develop positive values and attitudes, and strengthen their powers of analysis and judgment.

Aesthetic sensitivity

In various forms of practice, competitions and related activities, students have opportunities to observe other people's performance and learn to identify, reflect on and share views on the aesthetic elements, such as control of the pace of a game, or various elegant moves and shots.