

## 5.7 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 be encouraged to join various kinds of canoeing activities and make use of the environment, opportunities and resources to develop their talents in specific events. They may study the characteristics of canoeing or conduct an in-depth enquiry about canoeing, 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:

Mode	Purpose	Examples of Implementation
<b>Regular participation in canoeing</b>	Make canoeing an activity for physical training, recreation and relaxation.	<ul style="list-style-type: none"> <li>Let students collect up-to-date information on venues, activities, etc</li> <li>Organise a canoeing group to encourage students to hold regular activities for fellow students to participate in</li> </ul>
<b>Participation in training</b>	Through the promotion of canoeing, strengthen communication skills, powers of expression and self-confidence of students.	<ul style="list-style-type: none"> <li>Let students act as instructors to assist the coach in teaching at the elementary level</li> </ul>
<b>Participation in competition training</b>	Through promoting canoeing competitions, increase students' knowledge of competitive sports.	<ul style="list-style-type: none"> <li>Let students learn the teaching methodology of different sports and give them psychological counselling so that they are able to provide relevant information to fellow students in need</li> </ul>
<b>Serve as volunteers in the Hong Kong Canoe Union</b>	Through promoting canoeing, let students serve the community.	<ul style="list-style-type: none"> <li>Suggest ways to develop canoeing activities and help the Hong Kong Canoe Union</li> <li>Promote canoeing among schools and the community</li> </ul>