

Tin Ka Ping Secondary School

Physical Education Practical Exams Standards for Boys in the Second Term

Form	Item 1 (20%)	Item 2 (20%)
	Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters flutter kick with kick board, (5) 25 meters freestyle	Handball : Execute overhand pass. Examinee stands 9 meters away from the wall to execute the overhand pass aims at the squares on the wall. There are 3 squares with same center, and their surface areas are 30cm x 30cm, 60cm x 60cm and 90cm x 90cm. Examinee can obtain 3 marks, 2 marks and 1 mark if the pass hits the relative squares. Each examinee has 5 trials. (5 marks for accurate skills, 15 marks for the accuracy of the pass)
Form 1	Freestyle : 1. The kicks come from the hips. Strengthen the legs in downbeat and relax the legs in upbeat. 2. The phases of the arm stroke are downsweep, catch, insweep, upsweep 3. Streamlined position: gliding 4. Proper rhythm of the arm stroke, the kick and the side breathing	Mark calculation for accurate skills : 1. Ready position: left ball up with the shoulders perpendicular to target 2. Flex elbow 90 degrees 3. Lunges position with weight on back foot 4. Step toward target and bring weight forward 5. Extend the arm during passing 6. Follow through 5 marks : able to do the above 6 items 4 marks : able to do the above 5 items 3 marks : able to do the above 4 items 2 marks : able to do the above 3 items 1 mark : able to do the above 1-2 items
Form 2	Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters frog kick with kick board, (5) 50 meters breaststroke	Football : Pass against the wall for 1 minute (5 marks for accurate skills, 15 marks for achieving the standard number of pass) Examinee stands 3-meter apart from the wall to pass against the wall for 1 minute. The number of pass will be counted. No counting for the pass if the examinee has stepped inside the 3-meter area. A weighted average will be used for mark calculation.

	<p>Breaststroke :</p> <ol style="list-style-type: none"> 1. Knees flex at around 90 degrees and feet move toward buttock. Then, the knees mover away each other and the feet rotate outward. After then, sweep legs backwards and outward. 2. The pull has sculling movements 3. Do not stop the arm movements during the catch 4. The movements of the arm stroke and the frog kick are quite similar. The inweep of the frog kick should be slow, and the outweep should be rapid and powerful. 4. Cock the hips to generate power that drive the strokes 	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. Approach the ball at an angle of about 30 degrees 2. Get the non-kicking foot close to the side of the ball 3. Swing the kicking leg through 4. Keep the ankle firm 5. Use the inside of the foot to make contact 6. Strike the center of the ball 																																				
	<p>Football : Time will be keeping for the ‘figure 8 dribbling’ drill. (5 marks for accurate skills, 15 marks for achieving the standard time)</p> <p>Mark calculation for achieving the standard time : Examinee has to execute the dribbling skills to shuttle between 8 cones. Cones are placed in 1.5 meters apart. Full mark will be given to examinee that can finish the drill within 20 seconds. After 20 seconds, 1 mark will be deducted for every 2 seconds late. 1 mark will also be deducted for every hit to the cones.</p>	<p>Handball : making 5 stride jump shots</p> <p>The goal is divided into 9 parts. 3 marks for shot that hits the corners, 2 marks for the centers of the left, right, top and bottom, and 1 mark for the center. (5 marks for accurate shooting skills, 15 marks for target shooting skills)</p>																																				
Form 3	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Time</th> <th style="width: 25%;">Marks</th> <th style="width: 25%;">Time</th> <th style="width: 25%;">Marks</th> </tr> </thead> <tbody> <tr> <td><20s</td> <td>20</td> <td>34-35s</td> <td>12</td> </tr> <tr> <td>20-21s</td> <td>19</td> <td>36-37s</td> <td>11</td> </tr> <tr> <td>22-23s</td> <td>18</td> <td>38-39s</td> <td>10</td> </tr> <tr> <td>24-25s</td> <td>17</td> <td>40-41s</td> <td>9</td> </tr> <tr> <td>26-27s</td> <td>16</td> <td>42-43s</td> <td>8</td> </tr> <tr> <td>28-29s</td> <td>15</td> <td>44-45s</td> <td>7</td> </tr> <tr> <td>30-31s</td> <td>14</td> <td>>46s</td> <td>6</td> </tr> <tr> <td>32-33s</td> <td>13</td> <td></td> <td></td> </tr> </tbody> </table>	Time	Marks	Time	Marks	<20s	20	34-35s	12	20-21s	19	36-37s	11	22-23s	18	38-39s	10	24-25s	17	40-41s	9	26-27s	16	42-43s	8	28-29s	15	44-45s	7	30-31s	14	>46s	6	32-33s	13			<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. Correct 3-stride: LRL for left-handers, RLR for right-handers 2. No walking 3. Execute the take-off outside the 6-meter line 4. Release the ball when the examinee jumps to the highest point 5. Bring shooting arm up and back 6. Whip throwing arm forward 7. Snap the wrist 8. Land on take-off foot <p>5 marks : able to do the above 8 items 4 marks : able to do the above 6-7 items 3 marks : able to do the above 4-5 items 2 marks : able to do the above 2-3 items 1 mark : able to do the above 1 items</p>
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Form 4	<p>Football : 2 examinees in a group to execute the passing for 1 minute. 1 mark for each accurate pass. (20 marks for achieving the standard number of pass)</p>	<p>Tennis : 2 examinees in a group execute the forehand pass for 1 minute. 2 examinees stand at the bottom line of the volleyball court on both sides facing each other. A 0.8-meter-tall net is setting up at the center line of the volleyball court. Examinees start with a serve. 0.5 mark for each accurate pass. If the pass goes out of bounds on the sidelines or the ball has more than one bounce before the examinee hits the ball, it would be regarded as invalid pass. (5 marks for accurate skills, 15 marks for achieving the standard number of pass)</p>
	<p>Mark calculation of the number of pass : 2 examinees stand at the bottom line of the badminton court on both sides facing each other. If the pass goes out of bounds on the sidelines, it would be regarded as invalid pass.</p>	<p>Mark calculation for accurate skills : 1. Ready position 2. The backswing of the racket 3. Using accurate footwork for approaching 4. Strike the ball effectively 5. Complete the follow through</p>
Form 5	<p>Softball : Slow pitching Examinee is asked to execute 5 slow pitches against the wall. Examinee stands 8 to 9 meters away from the wall and targets the strike zone. The strike zone is drawn on the wall that 0.5 meter from the ground and 1 meter from the corner. Pitch that can hit the strike zone would score 3 marks.(5 marks for accurate skills, 15 marks for the accuracy of the pitch)</p>	<p>Softball : Batting The examinee holds the bat to get ready to hit the pitch delivered by a student helper from 3 meter away. The examinee has to judge the pitch is a strike or not. The examinee can obtain 1 mark if he/she gets a hit, 2 marks if the hit goes 6 meters or farther, and 3 marks if the hit goes 9 meters or farther. Each examinee has 5 trials. (5 marks for accurate skills, 15 marks for achieving relative distance of the hit) °</p>

	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. Swing the pitching arm in a backward motion and bring the ball back with straight arm 2. Step forward with your pitching foot 3. Keep the non-pitching foot on the rubber 4. Release the ball on hip level 5. Follow through, aiming your hand at home plate 6. The pitch must come in slowly with a perceptible arc <p>5 marks : able to do the above 6 items 4 marks : able to do the above 5 items 3 marks : able to do the above 4 items 2 marks : able to do the above 2-3 items 1 mark : able to do the above 1 items</p>	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> 1. Accurate grip of the bat 2. Feet are lined up with home-plate with the knees slightly bent 3. Feet shoulder-width apart and parallel to each other 4. Bat is held roughly over the shoulder 5. Eyes on the pitch 6. Hips rotation 7. Shoulders commence rotation after hips rotation 8. Apply great weight on the ball 9. Get a hit 10. Follow through: bat finishes above the shoulder
Form 6	No practical exam for form 6 in the second semester	