Tin Ka Ping Secondary School PE Swimming Curriculum for F.1 – F.2

PE

Level: F.1

Cycle No.	No of lessons	Topics (Unit / Chapter / Module)	Motor and Sports Skills	Health & fitness	Sports Related value and attitude	Knowledge and Practice of Safety	Knowledge of movement	Aesthetic sensitivity	Learning activities	Assessment	Subject Generic Skills /4Cs	Value & attitude	Teaching progress and Evaluation
2 nd term	4	Swimming	Students Are able to	Students are	1. To let school	1. To	1. To use	1. To point	Please	Students are	-Communication	-Perseverance	
		Freestyle	1.1 emerges and	able to	team help others	understand	the	out the	refer to	able to	-Aesthetic	-Responsibility	
			submerges in the water.	1.1 strengthen	2. To enhance	and raise the	swimming	movement	the	1.1. swim	Appreciation	-Respect	
			1.2 control exhalation	the	perseverance	awareness of	gear and	and the skills	teaching	50M(F.1)	-Collaboration	-Commitment	
			and breath-holding in the	cardio-respirato	during the long	swimming	equipment	key point.	schedule	1.2 perform			
			water.	ry fitness	distance	2. can prevent	2. To know	2. To enhance		diving (F.1)			
			1.3 kick while folding	1.2 to develop	swimming	and handle	the	the					
			a kickboard and proceed	muscle power	training.	accidents	importance	appreciation					
			10m with floating	and muscle	3. To respect	related to	of warm-up	in diving.					
			1.4 swims with both	endurance	others with	aquatics	3. To use						
			Front crawl arms with	1.3 to develop	positive value		the space						
			kicking.	the coordination			and avoid						
			1.5 swim for 25m with	and balance			crash with						
			board				classmates						
			1.6 swim for 50m										

Level: F.2

		Topics		Health &	Sports Related	Knowledge	Knowledge	Aesthetic	Learning	Assessment	Subject	Value &	Teaching
Cycle	No of	(Unit /	Motor and Sports	fitness	value and	and Practice	of	sensitivity	activities		Generic Skills	attitude	progress and
No.	lessons	Chapter /	Skills		attitude	of Safety	movement				/4Cs		Evaluation
		Module)											
2 nd	4	Swimming	Students are able to	Students are	1. To let school	1. To	1. To use	1. To point	Please	Students are	-Communication	-Perseverance	
term		Breaststroke	1.1 perform whip	able to	team help others	understand	the	out the	refer to	able to	-Aesthetic	-Responsibility	
			kick(flog kick) with	1.1 strengthen	2. To enhance	and raise the	swimming	movement	the	1.1. swim	Appreciation	-Respect	
			folding the kick board	the	perseverance	awareness of	gear and	and the skills	teaching	50M(F.2)	-Collaboration	-Commitment	
			1.2 bend the wrist to pull	cardio-respirato	during the long	swimming	equipment	key point.	schedule	1.2 perform			
			water backwards and	ry fitness	distance	2. can prevent	2. To know	2. To enhance		diving (F.2)			
			download	1.2 to develop	swimming	and handle	the	the					
			1.3 perform kicking	muscle power	training.	accidents	importance	appreciation					
			while the arms stretch	and muscle	3. To respect	related to	of warm-up	in diving.					
			forward with arm and	endurance	others with	aquatics	3. To use						
			leg coordination	1.3 to develop	positive value		the space						
			1.4 lifts the head above	the coordination			and avoid						
			the water to breath.	and balance			crash with						
			1.5 swim for 25m with				classmates						
			board										
			1.6 swim for 50m										