

Tin Ka Ping Secondary School Physical Education Mark Allocation Table (100%)

(As the full mark showed on the transcript is 50 (50%), the total marks (100%) of the students would be divided by 2.)

Boys

	Form 1	Form 2	Form 3	Form 4	Form 5	Form 6	
First Term	Skills	-Athletics: 100 meters run (time keeping 20%) -Basketball: 60 seconds post shot (skills 5%, number of goal 15%)	-Volleyball: Overhand and underhand self-pass each for 30 seconds. (skills 5%, number of pass 15%) -Athletics: High jump (skills 4%, achieved jumping height 16%)	- Basketball: 1 minute 3-point layup (skills 5%, number of goal 15%) - Athletics: Javelin (skills 5%, distance 5%) and Discus (skills 5%, distance 5%)	- Volleyball: 5 underhand serves or overhand serves (skills 5%, placement of the serve 15%) -Athletics: Triple jump, 2 trials (skills 4%, distance 16%)	- Field Hockey: Dribble to shoot (skills 5%, quality of the shots 15%) - Athletics: 1500 meters run, 2 trails	<u>Skills</u> - Golf: Putting, 3 strokes (skills 10%, distance 10%) -Bowling: Making 2 frames, each frame has two deliveries (the number of knocked-down pins 20%)
	Fitness	30% (Exams are held at the beginning and the end of the 1 st term, each of them counts for 15%. Exam items: (1) beep test / 9-minute run (7%), (2) 1 minute sit-ups(5%) 、 sit and reach(3%))					
	Daily	20% (Daily performance: depending on students' performance and level of participation in class; mark deduction of 3% for untidy PE uniform and 2% for absence)					<u>Fitness</u>
	Portfolio	10% (the checking of Physical Education Portfolio)					Exams are held at the beginning and the end of the 1 st term, each of them counts for 15%.
Second Term	Skills	- Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters flutter kick with kick board, (5) 50 meters freestyle (skills 20%) - Handball: overhand pass (skills 5%, accuracy 15%)	-Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters frog kick with kick board, (5) 50 meters breaststroke (skills 20%) Football: Pass against the wall for 1 minute (skills 5%, number of pass 15%)	- Football : figure-8 dribbling drill (skills 5%, time keeping 15%) - Handball : making 5 stride jump shots skills 5%, target shooting 15%)	- Football : 2 examinees in a group to execute the passing for 1 minute (number of pass 20%) - Tennis : 2 examinees in a group execute the forehand pass for 1 minute. (5 marks for accurate skills, 15 marks for achieving the standard number of pass)	- Softball: have 5 slow pitching against the wall (skills 5%, target shooting 15%) -Softball: batting (5% for skills distance for height 15%)	<u>Exam items:</u> -beep test / 9-minute run (7%), -1 minute sit-ups (5%) -sit and reach (3%))
	Fitness	15% (Exam is held at the end of the 2 nd term. Exam items: (1) beep test (7%), (2) 1 minute sit-ups(5%) 、 sit and reach(3%))					<u>Portfolio</u>
	Daily	20% (Daily performance: depending on students' performance and level of participation in class; mark deduction of 3% for untidy PE uniform and 2% for absence)					The checking of Physical Education Portfolio (10%)
	Portfolio	10% (the checking of Physical Education Portfolio)					
Others	15% (Jump Rope for Heart: refer to the assessment items of Red, Green and Yellow medals of the scheme)			15% (Motion Analysis Report)	15% Touch Rugby: 5 minutes 7 vs. 7 game		

Girls

		Form 1	Form 2	Form 3	Form 4	Form 5	Form 6
First Semester	Skills	-Volleyball: overhand self-pass for 1 minute (skills 5%, number of pass15%) - Athletics: Long jump, 3 trials (skills 6%, distance 14%)	-Volleyball: underhand self-pass for 1 minute (skills 5%, number of pass15%) -Athletics: Hurdling, 2 trials (skills 5% · time keeping 15%)	-Volleyball: Making 7 underhand Serves (skills 5%, distance 15%) -Athletics: Discus, 3 trials (skills 10%, distance 10%)	- Athletics: 400 meters run (time keeping 20%) - Tennis: 2 students in group to execute forehand and backhand pass (skills 5%, number of pass15%)	-Field Hockey: figure-8 dribbling to shoot drill (skills 5% · time keeping 15%) -Football: drill: corner ball > dribbling > ball control > shooting > heading (skills 20%)	<u>Skills</u> - Golf: Putting, 3 strokes (skills 10%, distance 10%) -Bowling: Making 2 frames, each frame has two deliveries (the number of knocked-down pins 20%)
	Fitness	30% (Exams are held at the beginning and the end of the 1 st term, each of them counts for 15%. Exam items: (1) beep test / 9-minute run (7%), (2) 1 minute sit-ups(5%) · sit and reach(3%))					
	Daily	20% (Daily performance: depending on students' performance and level of participation in class; mark deduction of 3% for untidy PE uniform and2% for absence)					<u>Fitness</u>
	Portfolio	10% (the checking of Physical Education Portfolio)					Exams are held at the beginning and the end of the 1 st term, each of them counts for 15%. Exam items: -beep test / 9-minute run (7%), -1 minute sit-ups (5%) -sit and reach (3%))
Second Semester	Skills	-Basketball: 1 minute free throw (skills 5%, number of goal15%) -Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters flutter kick with kick board, (5) 50 meters freestyle (Skills 20%)	-Football: Pass against the wall for 1.5 minutes (skills 5%, number of pass15%) -Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters frog kick with kick board, (5) 50 meters breaststroke (Skills 20%)	- Basketball: dribble to layup for 1.5 minutes (skills 5%, number of goal15%) - Handball: making 5 stride jump shots (skills 5%, quality of the shots 15%)	-Dancing – Waltz: Design a 1-minute waltz dance (skills 12%, cooperation & communication 4%, pattern 4%) - Softball: Having 10 pitches (skills 5%, number of strike 10%) 2 examinees in a group to execute the passing (skills 5%)	-Softball: batting (5% for skills distance for height 15%) - Dancing: 4 examinees in a group to create an one minute dance (pattern of dance 10%, cooperation & expression 10%)	<u>Skills</u> Exam items: -beep test / 9-minute run (7%), -1 minute sit-ups (5%) -sit and reach (3%))
	Fitness	15% (Exam is held at the end of the 2 nd term. Exam items: (1) beep test (7%), (2) 1 minute sit-ups(5%) · sit and reach(3%))					<u>Portfolio</u>
	Daily	20% (Daily performance: depending on students' performance and level of participation in class; mark deduction of 3% for untidy PE uniform and2% for absence)					The checking of Physical Education Portfolio (10%)
	Portfolio	10% (the checking of Physical Education Portfolio)					
	Others	15% (Jump Rope for Heart: refer to the assessment items of Red, Green and Yellow medals of the scheme)			15% (Motion Analysis Report)		15% Touch Rugby: 5 minutes 7 vs. 7 game