

**Tin Ka Ping Secondary School**  
**Healthy Living**  
**Subject Framework**

( 1 ) Aims

1. Enhance students' personal/social development by providing them a channel to learn more of their inner traits.  
提供機會讓學生認識自己的特質，促進個人的成長。
2. Develop students' positive attitude towards and skills for personal/social development in areas such as interpersonal relationship and etiquette.  
培養學生對個人成長、待人處事及禮貌儀表的正確態度和技能。
3. Improve students' adaptability in a changing world by facilitating their understanding of the demands of their everyday life, changes of the society, and pluralism of cultures.  
讓學生明白日常生活的需要及社會的轉變，瞭解不同的文化，以增強適應社會的能力。
4. Encourage students to be sensitive to the needs of themselves, their family and their Community, develop in them the caring attitude and skills.  
鼓勵學生認識個人、家庭和團體的需要，以培養學生對他人關注的態度及技巧。
5. Enhance students' awareness of and skills for a healthy lifestyle.  
培養學生對健康生活的積極態度和技能。

( 2 ) Subject Content

Development of Knowledge and Attitudes 認知及態度的培養		
A1	Awareness of a healthy lifestyle 健康的概念	Promote students' awareness of a healthy lifestyle; guide them to the knowledge for health to make health choices. 提高學生對健康生活的關注及建立正確的知識和態度。
A2	Personal/social development 個人的成長	Acquaint students with the essentials of a quality life and good interpersonal relationship; develop their positive attitudes. 讓學生認識建立優質生活、良好人際關係的要素，建立正確的態度。
A3	Citizenship 公民的意識	Help students know their role and responsibility as a citizen, and acquire a broad knowledge base at personal, family, school and society levels. 讓學生明白作為公民應有的角色和責任，提高對個人、家庭、學校、社會的認識。
A4	Excellent leisure time 優質的閒暇	Help students know how to live their after-school life and exercise their talents by participating in school and community activities. 讓學生建立對閒暇生活的正確認知及態度，發揮自己，參與學校與社區的活動。
A5	Perseverance 堅毅的精神	Build up students' perseverance through assisting them in going through different adversities. 讓學生透過不同的處境，建立解決困難的堅持和正確態度。
A6	Leadership skills 領袖的素質	Acquaint students with different leadership qualities to facilitate their personal goal setting. 讓學生透過認識不同的領袖素質，建立個人成長的目標。

Development of Life Skills 生活技能的建立		
S7	Goal setting 目標的建立	Help students learn how to set and apply their personal goals; help them develop right motives. 讓學生建立個人的目標、動機和應用的技巧。
S8	Problem solving 解難的技巧	Encourage students to analyze problems and tap helpful resources and effective ways to solve them. 鼓勵學生分析疑難，找尋適當的資源及有效的解難方法。
S9	Self-management 自管的能力	Enhance students' awareness of their needs in growing; help them learn to manage themselves and daily life issues. 讓學生明白個人成長的需要，建立日常生活及自我管理的技巧。
S10	Time management 時間的管理	Help students learn time management skills in real life situations. 讓學生掌握於真實環境中分配時間的技巧。
S11	Decision making 決策的能力	Encourage students to cultivate their potential, learn more about themselves and make informed decisions. 鼓勵學生發展自我的潛能，認識自我，培養自我的決策能力。
S12	Learning skills 學習的技巧	Help students enhance their reading, analyzing, writing and presentation skills. 讓學生建立閱讀、分析、書寫及表達的能力。
S13	Communication skills 溝通的技巧	Train students to have a listening ear and increase their verbal power. 讓學生建立聆聽和表達的技巧。
S14	Interpersonal skills 社交的技巧	Help students learn how to get along with people. 讓學生建立與人相處的正確態度和技巧。
S15	Collaboration skills 群體的協作	Encourage student to learn how to work with people, appreciate and affirm people, and cooperate with people. 鼓勵學生建立群體的協作精神，學習互相欣賞和肯定，建立合作的技巧。
S16	Daily life skills 生活的素質	Enhance students' quality of life through leaning daily life skills such as food processing skills, diet planning, emotion coping skills, and etiquette skills. 讓學生透過學習不同的生活技能，如食物處理技巧、膳食計劃、情緒處理技巧、禮儀訓練等，提升生活的素質。
S17	Financial management 財政的管理	Help students master the basic personal financial management skills. 認識及建立個人財政管理的技巧。