Tin Ka Ping Secondary School Physical Education Practical Exams Standards for Boys in the First Term

Form	n Item 1 (20%) Item 2 (20%)								
	Basketball: 60 seconds post shot	Athletics : Keep time for 100 meters run							
	Examinee is asked to execute set shot or jump shot in								
	the designated area. Each goal counts for 1.5 marks,								
	the highest mark is 15. There are 5 marks for accurate								
	skills								
	Mark calculation for accurate skills :	Time	Mark(s)	Time	Mark(s)				
-	1. Eyes on basket								
	2. Left up the ball in front of the forehead	12"99 or		16"00-16"49 16"50-16"99	12				
Form	3. Beet knees with buttocks out	under	20		13				
1	4. For jump shot, jump straight up	13"00-13"49	19		12				
	5. Release the ball with straight arm and wrist fliped	13"50-13"99	18	17"00-17"49	11				
		14"00-14"49	17	17"50-17"99 18"00-18"49 18"50-18"99 19"00 or	10				
	5 marks : able to do the above 5 items	14"50-14"99	16		8				
	4 marks : able to do the above 4 items	15"00-15"49			6				
	3 marks : able to do the above 3 items	15"50-15"99			4				
	2 marks : able to do the above 2 items			above					
	1 mark \vdots able to do the above 1 items								
	Volleyball : Having the overhand self-pass (10 marks) High Jump : The starting height is 1 meter. The bar								
	Volleyball : Having the overhand self-pass (10 marks)	High Jump :	The starting I	lieight is i meu					
	Volleyball : Having the overhand self-pass (10 marks) and underhand self-pass (10 marks) each for 30		-	-					
		raised 10cm	if the exam	-	ne height. (4				
	and underhand self-pass (10 marks) each for 30	raised 10cm marks for ac	if the exam curate skills;	inee cleared th	ne height. (4				
	and underhand self-pass (10 marks) each for 30 seconds.	raised 10cm marks for ac standard heig	if the exam curate skills;	inee cleared th	ne height. (4				
	and underhand self-pass (10 marks) each for 30 seconds. For 30 seconds underhand / overhand self-pass, each	raised 10cm marks for ac standard heig	if the exam curate skills; ght.	inee cleared the 16 marks for a	ne height. (4 achieving the				
	and underhand self-pass (10 marks) each for 30 seconds. For 30 seconds underhand / overhand self-pass, each pass would count for 0.25 mark, the highest mark is 5	raised 10cm marks for ac standard heig	if the exam curate skills; ght.	inee cleared the 16 marks for a	ne height. (4 achieving the				
	and underhand self-pass (10 marks) each for 30 seconds. For 30 seconds underhand / overhand self-pass, each pass would count for 0.25 mark, the highest mark is 5 (20 passes). There are also 5 marks for accurate	raised 10cm marks for ac standard heig Mark calculat	if the exam curate skills; ght. ion for achie	inee cleared th 16 marks for a ving the standa	ne height. (4 achieving the rd height:				
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	Basketball : 1 minute 3-point layup. Each goal counts	Athletics : Javelin and Dis	scus (10 marks for each)						
	for 1.5 marks, the highest mark is 15. There are 5								
	marks for accurate skills.								
	Mark calculation for accurate skills :	Javelin :	Discus :						
	1. The dribbling is smooth and effective	5 marks for accurate	5 marks for accurate						
	2. Accurate steps	skills, 5 marks for	skills, 5 marks for						
	3. Fast approach	achieving the standard	achieving the standard						
Form	4. Proper take-off spot	distances distances							
гопп 3	5. Extend the whole body after take off								
5	6. Release the ball with straight arm and flipped wrist	1. Withdrawal	1. The grip						
	7. Aim at the board or the basket	2. Transition	2. The arm swings						
		3. Pre-delivery stride	3. Hip rotation						
	5 marks : able to do the above 6-7 items	4. Delivery	4. The release angle						
	4 marks : able to do the above 4-5 items	5. Legal throw	5. Squeeze the discus out						
	3 marks : able to do the above 3 items		to create a clockwise						
	2 marks : able to do the above 2 items		spin of the disc						
	1 mark : able to do the above 1 items								
	Volleyball : 5 underhand serves or overhand serves.	Athletics : Triple jump, 2	trials, the best performance						
	(5 marks for accurate skills, 15 marks for the	will become counted (6 m	narks for accurate skills, 14						
	placement of the serve)	marks for achieving the standard distances)							
	Mark calculation for the placement of the serve	Mark calculation for the ac	chieving the standard						
	If the examinee serves from the 6-meter line: 2 marks distances :								
	for the serve that places at 4 corners; 1 mark for the	6 meters : 4 marks							
	serve that places at other area inside the court.	7 meters : 6 marks							
	If the examinee serves from the 9-meter line: 3 marks								
	for the serve that places at 4 corners; 2 mark for the								
	serve that places at other area inside the court.	8.5 meters : 12 marks							
		9 meters : 14 marks							
	Mark calculation for accurate skills:	9.5 meters : 16 marks							
	1. Accurate ready position								
Form	2. Proper height of the toss	Mark calculation for accurate skills :							
4	3. Strike the ball with straight arm	1. The length of approach is appropriate for							
-	4. Strike the ball at accurate contact point	examinee to gradually accelerate to a maximum							
	5. Follow through	controlled speed at takeoff							
		2. Proper jumping height							
	5 marks : able to do the above 5 items	3. Drive up the arms to create a vertical impulse in							
	4 marks : able to do the above 4 items	take off							
	3 marks : able to do the above 3 items	4. Extend body position with arms above the head							
	2 marks : able to do the above 2 items	and legs hanging down							
	1 mark : able to do the above 1 items	5. The 3 phases of the ju smoothly	Imp are performing						
		4 marks : able to do the ab	pove 5 items						
		3 marks : able to do the ab	oove 3-4 items						
		2 marks : able to do the ab							
		1 mark : able to do the abo	ove 1 items						

	Field Hockey : Dribble to shoot					Athletics : Keep time for the 1500meter run. 2 trials,						
	Examinee has to dribble the ball through 5 discs that						•					
	placed in 1.5 meters apart. After cleared all the discs,						-					
	the examinee has to make 5 shots to the goal 8 to 9					-						
	meters away. Each goal counts for 3 marks; the											
	highest mark is 15. There are 5 marks for accurate											
	skills							, , , , , , , , , , , , , , , , , , , ,				
	Mark calculation for accurate skills :						Time	Mark(s)	Time	Mar	rk(s)	
	1.	Use the face the ball	e of the st	ick to make	contact	with						
Form												
5												
	 Hold the stick in front and lead the body slightly forward with bended knees 					6'(00 or below	20	7'31-7'45	5 1	3	
						(5'01-6'15	19	7'46-8'00		2	
	4.	Eyes on the		nees			(6'16-6'30	18	8'01-8'15		1
	 5.	•	•	n for shootin	σ		(6'31-6'45	17	8'16-8'30		.0
	5.	Accurate rea	idy positio		B		(5'46-7'00	16	8'31-9'00		8
	5 mg	arks : able to	do the abo	ve 5 items			,	7'01-7'15	15	9'01or abo		6 6
							,	7'16-7'30	14	9 0101 800	ve (0
	4 marks : able to do the above 4 items											
	3 marks : able to do the above 3 items											
	2 marks : able to do the above 2 items											
	1 mark : able to do the above 1 items							ling · Makir	a 2 from	has each fro	me has	two
	Golf-Putting : 3 strokes, the best performance will be Bowling : Making 2 frames, each frame has two scored (10 marks for accurate skills, 10 marks for deliveries. The best frame will be scored.									two		
					10 marks	IOr	denv	veries. The be	st frame v	vill be scored.		
	achieving the standard distance)					Mark calculation for accurate skills						
	Mark calculation for accurate skills :						Mark calculation for accurate skills :					
	♦ Accurate stance						 ♦ Accurate grip ♦ Description 					
	♦ Correct grip					$\Rightarrow \text{Proper stance and athletic pose}$						
	♦ Accurate backswing					 ♦ Using 4-step or 5-step delivery 						
	♦ Accurate forward swing					 ♦ Correct swing and slide ♦ Follow through 						
	\diamond Follow through					\diamond	Follow throu	igh				
Form		L 1 1	6	·	1 1				6 1	1 6 1		
6	Mark calculation for achieving the standard distance :							for the	number of k	nocked-d	lown	
			N. 1.4 \		M. 14		pins					
		Distance	Mark(s)	Distance	Mark(s)				74 1 4 5		7.6.1.2.	
		50metres	10	25metres	5			Number(s)	Mark(s)	Number(s)	Mark(s)	
		45metres	9	20metres	4			10	10	5	5	
		40metres	8	15metres	3			9	9	4	4	
		35metres	7	10metres	2			8	8	3	3	
		30metres	6	5metres	1			7	7	2	2	
				Less than				6	6	1	1	
				5metres	0					0		