

Tin Ka Ping Secondary School

Physical Education Practical Exams Standards for Girls in the First Term

Form	Item 1	Item 2
Form 1	<p>Volleyball : Having the overhand self-pass for 1 minute (5 marks for accurate skills, 15 marks for achieving the standard number of passes)</p> <p>Mark calculation for the number of passes : Each pass has to pass higher than the volleyball column. A weighted average will be used for mark calculation.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Contacting the ball with the fingers ◇ Form a triangle with thumbs and pointer fingers in front of the forehead ◇ The contact point is just above the forehead ◇ On contact, set by extending the arms and legs ◇ Hands follow the ball. <p>5 marks : able to do the above 5 items 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</p>	<p>Long Jump : 3 trials, the best performance will be scored (6 marks for accurate skills, 14 marks for achieving the standard distances)</p> <p>Mark calculation for the achieving the standard distances :</p> <p>2 meters or below : 4 marks 2.1 meters : 6 marks 2.4 meters : 8 marks 2.7 meters : 10 marks 3 meters : 12 marks 3.5 meters : 14 marks</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ The length of approach is appropriate for examinee to gradually accelerate to a maximum controlled speed at takeoff ◇ Accurate take-off point ◇ create a vertical impulse in take off ◇ Extend body position with arms above the head and legs hanging down ◇ The jumping is performing smoothly <p>6 marks : able to do the above 6 items 5 marks : able to do the above 5 items 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</p>
Form 2	<p>Volleyball : Having the underhand self-pass for 1 minute (5 marks for accurate skills, 15 marks for achieving the standard number of passes)</p> <p>Mark calculation for the number of passes : Each pass has to pass higher than the volleyball column. A weighted average will be used for mark calculation.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Knees are bent and wide apart as that is where contact is made ◇ Extend the knees after making contact with the ball ◇ Making contact with the ball at appropriate 	<p>Athletics-Hurdling : Run the Hurdles for two times, the best time will be recorded (5 marks for accurate skills, 15 marks for achieving the standard time)</p> <p>Mark calculation for the standard time: A weighted average will be used for mark calculation. (5 seconds will be added for every hurdle that examinee have missed as a penalty.)</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ The leading knee is driven at the hurdle and extends once it reaches the height of the barrier. ◇ The trailing leg sweeps wide and flat over the hurdle with cocked ankle.

	<p>timing.</p> <ul style="list-style-type: none"> ✧ Both arms remain straight and stable ✧ Contact Point is the "sweet spot" just above the wrist bone ✧ Wrists point down to lock the forearms into a solid platform for making contact with the ball ✧ Control the pass ✧ Correct grip ✧ Eyes on ball ✧ Recover to the ready position for next strike. <p>5 marks : able to do the above 10 items 4 marks : able to do the above 8 items 3 marks : able to do the above 6 items 2 marks : able to do the above 4 items 1 mark : able to do the above 2 items</p>	<ul style="list-style-type: none"> ✧ The arms act to balance the body and counter the rotations produced by the legs. ✧ Rhythmic three strides are used to cover the ground between the hurdles. ✧ The clearance of the hurdles is smooth and does not reduce the sprinting speed. <p>5 marks : able to do the above 5 items 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</p>		
Form 3	<p>Volleyball :</p> <p>Making 7 underhand Serves, the best 5 serves will be scored (5 marks for accurate skills, 15 marks for serving distances)</p> <p>Mark calculation for serving distance :</p> <p>Examinee can serve from 3-meter line, 6-meter line and 9-meter line. 1 mark (from 3-meter line), 2 marks (from 6-meter line) and 3 marks (form 9-meter line) will be given to each success serve .</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ Accurate ready position ✧ Appropriate height of the toss ✧ Strike the ball with straight arm ✧ Strike the ball at accurate contact point ✧ Hip rotation for power generation <p>5 marks : able to do the above 5 items 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</p>	<p>Athletics-Discus :</p> <p>3 trials, the best performance will be scored (10 marks for accurate skills, 10 marks for achieving the standard distances)</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ The grip ✧ The arm swings ✧ Hip rotation ✧ The release angle ✧ Squeeze the discus out to create a clockwise spin of the disc <p>10 marks : able to do the above 5 items 8 marks : able to do the above 4 items 6 marks : able to do the above 3 items 4 marks : able to do the above 2 items 2 mark : able to do the above 1 items</p>		
Form 4	<p>Athletics- 400 meters run : Time will be recorded. (20 marks)</p> <p>Mark calculation of the running time :</p> <table border="1" data-bbox="284 2217 738 2271" style="margin-left: auto; margin-right: auto;"> <tr> <td style="width: 100px; text-align: center;">Time(s)</td> <td style="width: 100px; text-align: center;">Mark(s)</td> </tr> </table>	Time(s)	Mark(s)	<p>Tennis : 2 examinees in a group using forehand and backhand to keep the ball in play for 1 minute (5 marks for accurate skills, 15 marks for achieving the standard number of pass)</p> <p>Mark calculation of the number of pass :</p> <p>2 examinees stand at the bottom line of the badminton court on both sides facing each other. Hurdles are placed on the middle of the court. Each strike will be counted. A weighted average</p>
Time(s)	Mark(s)			

		<table border="1"> <tr><td>1"10 or under</td><td>20</td></tr> <tr><td>1"11-1"15</td><td>18</td></tr> <tr><td>1"15-1"20</td><td>16</td></tr> <tr><td>1"21-1"25</td><td>14</td></tr> <tr><td>1"26-1"30</td><td>12</td></tr> <tr><td>1"31-1"35</td><td>10</td></tr> <tr><td>1"36-1"40</td><td>8</td></tr> <tr><td>1"40 or above</td><td>6</td></tr> </table>	1"10 or under	20	1"11-1"15	18	1"15-1"20	16	1"21-1"25	14	1"26-1"30	12	1"31-1"35	10	1"36-1"40	8	1"40 or above	6		<p>will be used for mark calculation.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ Ready position ✧ The backswing of the racket ✧ Using accurate footwork for approaching ✧ Strike the ball effectively ✧ Complete the follow through <p>5 marks : able to do the above 5 items 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</p>
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Form 5	<p>Field Hockey: Time will be keeping for the figure-8 dribbling to shoot drill. Each examinee has two trails and the best performance will be scored. (5 marks for accurate skills, 15 marks for achieving the standard time)</p> <p>Mark calculation for achieving the standard time :</p> <p>The examine starts from the baseline and dribble the ball through the 6 cones. Cones are placed in 1.5 meters apart. After cleared all the cones, the examinee has to shoot the ball and run to the other side of baseline. 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.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ Correct grip ✧ Hold the stick in front and lead the body slightly forward with bended knees ✧ Use the face of the stick to make contact with the ball ✧ Turn the stick over and reverse in order to change the direction of the ball ✧ Accurate stick turning skills ✧ Speed dribbling ✧ Able to control the ball to go around the cones ✧ Able to control the ball in order to shoot ✧ Having a powerful shooting ✧ Running fast to the finish line <p>5 marks : able to do the above 10 items 4 marks : able to do the above 8 items 3 marks : able to do the above 6 items 2 marks : able to do the above 4 items</p>		<p>Football : examinee is asked to complete the following drill: corner ball > dribbling > ball control > shooting > heading (4 marks for each skills, 20 marks for total)</p> <p>Mark calculation for accurate skills :</p> <p>Corner ball</p> <ul style="list-style-type: none"> ✧ Ready position ✧ Kicking place ✧ Follow through ✧ Height and placement of the ball <p>Dribbling</p> <ul style="list-style-type: none"> ✧ Maintain the body balance ✧ Using both left foot and right foot to dribble ✧ Dribble around the cones effectively ✧ Keep the ball in the lower edge of your peripheral vision <p>Control</p> <ul style="list-style-type: none"> ✧ Ready position ✧ Using the lace 、 inside of the foot 、 outside of the foot or thigh for ball control ✧ Tighten the contact part of the body ✧ One touch to control <p>Shooting</p> <ul style="list-style-type: none"> ✧ Take a glance to the goal and thereafter keep eyes on the ball ✧ Put the non-kicking foot alongside the ball ✧ Make contact with the middle to top half of the ball ✧ Make a powerful shot <p>Heading</p>																	

	<p>1 mark : able to do the above 2 items</p>	<ul style="list-style-type: none"> ✧ Eyes on ball, judging the line and flight of the ball ✧ Arching the back and tucking the chin prior to contact ✧ Make contact with the ball with area between eyebrows and hairline ✧ Neck is tighten and snaps forward <p>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</p>																																																								
Form 6	<p>Golf-Putting : 3 strokes, the best performance will be scored (10 marks for accurate skills, 10 marks for achieving the standard distance)</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ Accurate stance ✧ Correct grip ✧ Accurate backswing ✧ Accurate forward swing ✧ Follow through <p>Mark calculation for achieving the standard distance :</p> <table border="1" data-bbox="224 1306 802 1690"> <thead> <tr> <th>Distance</th> <th>Mark(s)</th> <th>Distance</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr> <td>50metres</td> <td>10</td> <td>25metres</td> <td>5</td> </tr> <tr> <td>45metres</td> <td>9</td> <td>20metres</td> <td>4</td> </tr> <tr> <td>40metres</td> <td>8</td> <td>15metres</td> <td>3</td> </tr> <tr> <td>35metres</td> <td>7</td> <td>10metres</td> <td>2</td> </tr> <tr> <td>30metres</td> <td>6</td> <td>5metres</td> <td>1</td> </tr> <tr> <td></td> <td></td> <td>Less than 5metres</td> <td>0</td> </tr> </tbody> </table>	Distance	Mark(s)	Distance	Mark(s)	50metres	10	25metres	5	45metres	9	20metres	4	40metres	8	15metres	3	35metres	7	10metres	2	30metres	6	5metres	1			Less than 5metres	0	<p>Bowling : Making 2 frames, each frame has two deliveries. The best frame will be scored.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ✧ Accurate grip ✧ Proper stance and athletic pose ✧ Using 4-step or 5-step delivery ✧ Correct swing and slide ✧ Follow through <p>Mark calculation for the number of knocked-down pins :</p> <table border="1" data-bbox="889 1306 1468 1655"> <thead> <tr> <th>Number(s)</th> <th>Mark(s)</th> <th>Number(s)</th> <th>Mark(s)</th> </tr> </thead> <tbody> <tr> <td>10</td> <td>10</td> <td>5</td> <td>5</td> </tr> <tr> <td>9</td> <td>9</td> <td>4</td> <td>4</td> </tr> <tr> <td>8</td> <td>8</td> <td>3</td> <td>3</td> </tr> <tr> <td>7</td> <td>7</td> <td>2</td> <td>2</td> </tr> <tr> <td>6</td> <td>6</td> <td>1</td> <td>1</td> </tr> <tr> <td></td> <td></td> <td>0</td> <td>0</td> </tr> </tbody> </table>	Number(s)	Mark(s)	Number(s)	Mark(s)	10	10	5	5	9	9	4	4	8	8	3	3	7	7	2	2	6	6	1	1			0	0
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