

Tin Ka Ping Secondary School

Physical Education Practical Exams Standards for Girls in the Second Term

Form	Item 1	Item 2
Form 1	<p>Basketball : 1 minute free throw (5 marks for accurate skills, 15 marks for achieving the standard number of shot)</p> <p>Mark calculation for achieving the standard number of shot: Each shot scores for 2 marks. The highest mark is 15.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Hold the ball in front of the chest in ready position ◇ Feet shoulder-width apart ◇ Bend knees ◇ Hold the ball in the shooting hand ◇ Hold the ball with the fingertips ◇ Hand faces upward in line with the eyes ◇ Fully extend the shooting arm with force ◇ Strengthening the knees from the bent position to provide more pressure to the arm ◇ Flick the wrist to create backspin ◇ The path of the ball is parabolic in sharp to the goal <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>	<p>Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters flutter kick with kick board, (5) 25 meters freestyle</p> <p>Freestyle :</p> <ul style="list-style-type: none"> ◇ The kicks come from the hips. Strengthen the legs in downbeat and relax the legs in upbeat. ◇ The phases of the arm stroke are downsweep, catch, insweep, upsweep ◇ Streamlined position: gliding ◇ Proper rhythm of the arm stroke, the kick and the side breathing
Form 2	<p>Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters frog kick with kick board, (5) 50 meters breaststroke</p> <p>Breaststroke :</p> <ul style="list-style-type: none"> ◇ Knees flex at around 90 degrees and feet move toward buttock. Then, the knees mover away each other and the feet rotate outward. After then, sweep legs backwards and outward. ◇ The pull has sculling movements ◇ Do not stop the arm movements during the catch 4. The movements of the arm stroke and the frog kick are quite similar. The inweep of the frog kick should be slow, and the outweep should be rapid and powerful. ◇ 4. Cock the hips to generate power that drive the strokes 	<p>Football : Pass against the wall for 1.5 minutes(5 marks for accurate skills, 15 marks for achieving the standard number of pass)</p> <p>Examinee stands 3-meter apart from the wall to pass against the wall for 1.5 minutes. The number of pass will be counted. No counting for the pass if the examinee has stepped inside the 3-meter area. A weighted average will be used for mark calculation.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Approach the ball at an angle of about 30 degrees ◇ Get the non-kicking foot close to the side of the ball ◇ Swing the kicking leg through ◇ Keep the ankle firm ◇ Use the inside of the foot to make contact ◇ Strike the center of the ball

		<ul style="list-style-type: none"> ◇ Follow through with the kicking leg ◇ Use the arms to maintain body balance ◇ Put proper weight on the pass ◇ Control the passing direction <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>
Form 3	<p>Basketball : dribble to layup for 1.5 minutes(5 marks for accurate skills, 15 marks for achieving the standard number of shot)</p> <p>3 cones are placed at the 3-point line (2 cones are placed 45 degree to the basket on both sides, 1 cone is placed on the top of the 3-point line). Examinee has to dribble around one of the cones to do the layup.</p> <p>Mark calculation for achieving the standard number of shot: Each shot scores for 2 marks. The highest mark is 15.</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Accurate dribbling skills ◇ The dribbling is smooth and effective ◇ Using both hands to hold the ball in the first step of the layup ◇ Step to get into the easy shooting range ◇ Proper angle of the approach ◇ Step toward the basket with 2 steps ◇ Jump off the bring the ball up ◇ Pulling the non-takeoff leg upward ◇ Arch the arm toward the basket ◇ Pick up the ball as quick as possible to make another shot 	<p>Handball : making 5 stride jump shots (5 marks for accurate skills, 15 marks for achieving the standard quality of shot)</p> <p>The exam is starts at the 9-meter line. Examinee has to make and toss and catch it, and then executes the stride jump shot immediately. After making the shot, examinee has to pick up the ball and dribble aback to the 9-meter line and ready for the next shot.</p> <p>Mark calculation for the standard quality of shot : 1 mark for goal , 2 marks for goal with power or has good angle, and 3 marks for goal which is powerful and also has good angle . No mark will be given if the examinee steps on or crosses the 6-meter line, has double dribbling, or shoot without jumping</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ The dribbling is smooth and effective ◇ Correct 3-stride ◇ Non-takeoff leg drives up in the jump ◇ Hold the ball with single hand ◇ Left up the shooting elbow above shoulders ◇ Pull back the shooting elbow ◇ Hip should go backward at the same time and in the same direction as the shooting arm. ◇ Follow through
Form 4	<p>Dancing – Waltz :</p> <p>2 examinees in a group to design their own 1-minute waltz dance (12 marks for accurate skills , 4 marks for cooperation and communication, 4 marks for the pattern of dance)</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Forward steps ◇ Box steps ◇ Left turn ◇ Right turn <p>Mark calculation for cooperation and</p>	<p>Softball :</p> <ul style="list-style-type: none"> - Having 10 pitches (5 marks for accurate skills, 10 marks for achieving the standard number of strike). The strike zone is drawn on the wall. Examinee has to stand 6-meter apart from the wall to execute the pitch. - 2 examinees in a group to execute the passing (5 marks for accurate skills) <p>Pitching</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Correct grip ◇ Hips square to home plate

	<p>communication:</p> <ul style="list-style-type: none"> ◇ Experienced and smooth steps ◇ Able to follow the rhythm <p>Mark calculation for the pattern of dance:</p> <ul style="list-style-type: none"> ◇ Make good use of the whole room ◇ Creativity 	<ul style="list-style-type: none"> ◇ Bring the ball back with straight arm ◇ Kick the non-pitching leg forward and push off the rubber with the pitching leg ◇ Open the hips ◇ Extend the arm down past the hips and release the ball on hip level ◇ Snap the wrist forward ◇ Follow through ◇ Use different types of pitching <p>Passing</p> <p>Mark calculation for accurate skills : :</p> <ul style="list-style-type: none"> ◇ Pass with elbow up ◇ Apply proper weight on the ball ◇ Aim to the chest of the partner ◇ Ready for the catch ◇ Pass the ball back to the partner as quick as possible after received the ball
Form 5	<p>Softball : Batting</p> <p>The examinee holds the bat to get ready to hit the pitch delivered by a student helper from 3 meter away. The examinee has to judge the pitch is a strike or not. The examinee can obtain 1 mark if he/she gets a hit, 2 marks if the hit goes 6 meters or farther, and 3 marks if the hit goes 9 meters or farther. Each examinee has 5 trials. (5 marks for accurate skills, 15 marks for achieving relative distance of the hit) ◦</p> <p>Mark calculation for accurate skills :</p> <ul style="list-style-type: none"> ◇ Accurate grip of the bat ◇ Feet are lined up with home-plate with the knees slightly bent ◇ Feet shoulder-width apart and parallel to each other ◇ Bat is held roughly over the shoulder ◇ Eyes on the pitch ◇ Hips rotation ◇ Shoulders commence rotation after hips rotation ◇ Apply great weight on the ball ◇ Get a hit ◇ Follow through: bat finishes above the shoulder 	<p>Dancing : 4 examinees in a group to create an one minute dance (10 marks for the pattern of dance, 10 marks for cooperation and expression)</p> <p>Mark calculation for the pattern of dance:</p> <ul style="list-style-type: none"> ◇ Creativity ◇ Less repeat of the steps ◇ Using different formations ◇ Different upper limb movement ◇ Different lower limb movement ◇ Have the change of level ◇ Able to cooperate to each other ◇ Able to cater teammates' different ability ◇ The pops can match the theme of the dance ◇ The clothing can match the theme of the dance <p>Mark calculation for cooperation and expression :</p> <ul style="list-style-type: none"> ◇ Have passion and stay focus ◇ Stay relax ◇ Have experienced and smooth steps ◇ Have emotional communication ◇ The facial expressions match the music ◇ The steps are able to match the rhythm ◇ Able to follow the rhythm ◇ The music is able to show the theme of the dance ◇ Make good use of the center of the stage ◇ Do not turn the back to the audiences