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

Form	Item 1 (20%)	Item 2 (20%)	
	Swimming: (1) holding-breath diving, (2) breathing	Handball: Execute overhand pass.	
	rhythm, (3) starting dive, (4) 25 meters flutter kick	Examinee stands 9 meters away from the wall to	
	with kick board, (5) 25 meters freestyle	execute the overhand pass aims at the squares on the	
		wall. There are 3 squares with same center, and their	
		surface areas are 30cm x 30cm, 60cm x 60cm and	
		90cm x 90cm. Examinee can obtain 3 marks, 2	
		marks and 1 mark if the pass hits the relative	
		squares. Each examinee has 5 trials. (5 marks for	
		accurate skills, 15 marks for the accuracy of the	
		pass)	
	Freestyle:	Mark calculation for accurate skills:	
Form	1. The kicks come from the hips. Strengthen the	1. Ready position: left ball up with the shoulders	
1	legs in downbeat and relax the legs in upbeat.	perpendicular to target	
	2. The phases of the arm stroke are downsweep,	2. Flex elbow 90 degrees	
	catch, insweep, upsweep	3. Lunges position with weight on back foot	
	3. Streamlined position: gliding	4. Step toward target and bring weight forward	
	4. Proper rhythm of the arm stroke, the kick and	5. Extend the arm during passing	
	the side breathing	6. Follow through	
		5 marks: able to do the above 6 items	
		4 marks: able to do the above 5 items	
		3 marks: able to do the above 4 items	
		2 marks: able to do the above 3 items	
		1 mark: able to do the above 1-2 items	
		Volleyball: Having the overhand self-pass (10	
		marks) and underhand self-pass (10 marks) each for	
2	with kick board, (5) 50 meters breaststroke	30 seconds.	
		For 30 seconds underhand / overhand self-pass, each	

Breaststroke:

- toward buttock. Then, the knees mover away skills. each other and the feet rotate outward. After Underhand Self-pass then, sweep legs backwards and outward.
- The pull has sculling movements 2.
- 3. catch 4. The movements of the arm stroke and the frog kick are quite similar. The inweep of 3. the frog kick should be slow, and the outweep 4. should be rapid and powerful.
- strokes

pass would count for 0.25 mark, the highest mark is Knees flex at around 90 degrees and feet move 5 (20 passes). There are also 5 marks for accurate

Mark calculation for accurate skills:

- 1. Both arms remain straight and stable
- Do not stop the arm movements during the 2. Contact Point is the "sweet spot" just above the wrist bone
 - Wrists point down to lock the forearms
 - Extend the knees after making contact with the ball
- Cock the hips to generate power that drive the 5. Ensure the pass is high enough for recovery of the examinee

Overhand Self-pass

- 1. Contacting the ball with the fingers
- 2. 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 No double or holding

Football: Time will be keeping for the 'figure 8 Handball: making 3 stride jump shots dribbling' drill. (5 marks for accurate skills, 15 The goal is divided into 9 parts. 3 marks for shot marks for achieving the standard time)

Mark calculation for achieving the standard time:

Examine has to execute the dribbling skills to target shooting skills) shuttle between 8 cones. Cones are placed in 1.5 meters apart. 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. 1 mark will also be deducted for every hit to the cones.

that hits the corners, 2 marks for the centers of the left, right, top and bottom, and 1 mark for the center. (5 marks for accurate shooting skills, 15 marks for

Form 3

20-21s 19 36-37s 11 right-handers 22-23s 18 38-39s 10 2. No walking 24-25s 17 40-41s 9 3. Execute the take-off outside the 6-meter line 26-27s 16 42-43s 8 4. Release the ball when the examinee jumps highest point 30-31s 14 > 46s 6 5. Bring shooting arm up and back 32-33s 13 7. Snap the wrist 8. Land on take-off foot 5 marks: able to do the above 8 items 4 marks: able to do the above 6-7 items 3 marks: able to do the above 1 items 2 marks: able to do the above 2-3 items 1 mark: able to do the above 1 items Football: 2 examinees in a group to execute the passing for 1 minute. 1 mark for each accurate pass. (20 marks for achieving the standard number of pass) Form 4 Mark calculation of the number of pass: 2 examinees stand at the bottom line of the land and the bottom land land land land land land land land		Time	Marks	Time	Marks	Mark calculation for accurate skills:		
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24-25s 17 40-41s 9 26-27s 16 42-43s 8 28-29s 15 44-45s 7 30-31s 14 > 46s 6 32-33s 13 5 Bring shooting arm up and back 6. Whip throwing arm forward 7. Snap the wrist 8. Land on take-off foot 5 marks: able to do the above 8 items 4 marks: able to do the above 4-5 items 2 marks: able to do the above 4-5 items 2 marks: able to do the above 2-3 items 1 mark: able to do the above 2-3 items 1 mark: able to do the above 4-5 items 2 marks: able to do the above 4-5 items 2 marks: able to do the above 4-5 items 2 marks: able to do the above 2-3 items 1 mark: able to do the above 2-3 items 1 mark: able to do the above 1 items Football: 2 examinees in a group to execute the passing for 1 minute. 1 mark for each accurate pass. (20 marks for achieving the standard number of pass) Form 4 Brinis: 2 examinees in a group to execute the ovolleyball count on both sides facing each of 0.8-meter-tall net is setting up at the center lime the volleyball count. Examinees start with a second of bounds on the sidelines or the ball has more one bounce before the examinee hits the bound be regarded as invalid pass. (5 marks for accurate skills, 15 marks for achie the standard number of pass) Mark calculation of the number of pass: 2 examinees stand at the bottom line of the 1. Ready position		20-21s	19	36-37s	11	right-handers		
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Form 4 of bounds on the sidelines or the ball has more one bounce before the examinee hits the ball h						the volleyball court. Examinees start with a serve.		
Form 4 one bounce before the examinee hits the base would be regarded as invalid pass. (5 marks for accurate skills, 15 marks for achie the standard number of pass) Mark calculation of the number of pass: 2 examinees stand at the bottom line of the 1. Ready position						0.5 mark for each accurate pass. If the pass goes out		
would be regarded as invalid pass. (5 marks for accurate skills, 15 marks for achie the standard number of pass) Mark calculation of the number of pass: 2 examinees stand at the bottom line of the 1. Ready position						of bounds on the sidelines or the ball has more than		
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2 examinees stand at the bottom line of the 1. Ready position					the standard number of pass)			
		Mark calculation of the number of pass:				Mark calculation for accurate skills:		
badminton count on both sides facing each other. If 2. The backswing of the racket		2 examinees stand at the bottom line of the				1. Ready position		
		badminton count on both sides facing each other. If the pass goes out of bounds on the sidelines, it			ach other. If	2. The backswing of the racket		
the pass goes out of bounds on the sidelines, it 3. Using accurate footwork for approaching					sidelines, it	3. Using accurate footwork for approaching		
would be regarded as invalid pass. 4. Strike the ball effectively		would be regar	ded as inva	lid pass.		4. Strike the ball effectively		
5. Complete the follow through						5. Complete the follow through		

	Softball: Slow pitching	Softl	ball: Batting		
	Examinee is asked to execute 5 slow pitches against		The examinee holds the bat to get ready to hit the		
	the wall. Examinee stands 8 to 9 meters away from	pito	ch delivered by a student helper from 3 meter		
	the wall and targets the strike zone. The strike zone	awa	ay. The examinee has to judge the pitch is a		
	is drawn on the wall that 0.5 meter from the ground	stri	ke or not. The examinee can obtain 1 mark if		
	and 1 meter from the corner. Pitch that can hit the	he/s	she gets a hit, 2 marks if the hit goes 6 meters or		
	strike zone would score 3 marks.(5 marks for	fart	ther, and 3 marks if the hit goes 9 meters or		
	accurate skills, 15 marks for the accuracy of the	fart	ther. Each examinee has 5 trials. (5 marks for		
	pitch)	acc	urate skills, 15 marks for achieving relative		
		distance of the hit) •			
	Mark calculation for accurate skills:	Marl	k calculation for accurate skills:		
Form	1. Swing the pitching arm in a backward motion and	1.	Accurate grip of the bat		
Form 5	bring the ball back with straight arm	2.	Feet are lined up with home-plate with the		
	2. Step forward with your pitching foot		knees slightly bent		
	3. Keep the non-pitching foot on the rubber	3.	Feet shoulder-width apart and parallel to each		
	4. Release the ball on hip level		other		
	5. Follow through, aiming your hand at home plate	4.	Bat is held roughly over the shoulder		
	6. The pitch must come in slowly with a perceptible	5.	Eyes on the pitch		
	arc		Hips rotation		
		7.	Shoulders commence rotation after hips		
	5 marks: able to do the above 6 items		rotation		
	4 marks: able to do the above 5 items	8.	Apply great weight on the ball		
	3 marks: able to do the above 4 items	9.	Get a hit		
	2 marks: able to do the above 2-3 items	10.	Follow through: bat finishes above the shoulder		
	1 mark: able to do the above 1 items				
Form	No practical exam for form 6 in the second semester				