

**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 rhythm, (3) starting dive, (4) 25 meters flutter kick with kick board, (5) 25 meters freestyle	Handball : Execute overhand pass. Examinee stands 9 meters away from the wall to 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)
Form 1	<p>Freestyle :</p> <ol style="list-style-type: none"> <li>1. The kicks come from the hips. Strengthen the legs in downbeat and relax the legs in upbeat.</li> <li>2. The phases of the arm stroke are downsweep, catch, insweep, upsweep</li> <li>3. Streamlined position: gliding</li> <li>4. Proper rhythm of the arm stroke, the kick and the side breathing</li> </ol>	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> <li>1. Ready position: left ball up with the shoulders perpendicular to target</li> <li>2. Flex elbow 90 degrees</li> <li>3. Lunges position with weight on back foot</li> <li>4. Step toward target and bring weight forward</li> <li>5. Extend the arm during passing</li> <li>6. Follow through</li> </ol> <p>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</p>
Form 2	Swimming: (1) holding-breath diving, (2) breathing rhythm, (3) starting dive, (4) 25 meters frog kick with kick board, (5) 50 meters breaststroke	<p>Volleyball : Having the overhand self-pass (10 marks) and underhand self-pass (10 marks) each for 30 seconds.</p> <p>For 30 seconds underhand / overhand self-pass, each</p>

	<p>Breaststroke :</p> <ol style="list-style-type: none"> <li>1. Knees flex at around 90 degrees and feet move toward buttock. Then, the knees move away from each other and the feet rotate outward. After then, sweep legs backwards and outward.</li> <li>2. The pull has sculling movements</li> <li>3. Do not stop the arm movements during the catch</li> <li>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.</li> <li>4. Cock the hips to generate power that drive the strokes</li> </ol>	<p>pass would count for 0.25 mark, the highest mark is 5 (20 passes). There are also 5 marks for accurate skills.</p> <p><u>Underhand Self-pass</u></p> <p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> <li>1. Both arms remain straight and stable</li> <li>2. Contact Point is the "sweet spot" just above the wrist bone</li> <li>3. Wrists point down to lock the forearms</li> <li>4. Extend the knees after making contact with the ball</li> <li>5. Ensure the pass is high enough for recovery of the examinee</li> </ol> <p><u>Overhand Self-pass</u></p> <ol style="list-style-type: none"> <li>1. Contacting the ball with the fingers</li> <li>2. Form a triangle with thumbs and pointer fingers in front of the forehead</li> <li>3. The contact point is just above the forehead</li> <li>4. On contact, set by extending the arms and legs</li> </ol> <p>No double or holding</p>
Form 3	<p>Football : Time will be keeping for the 'figure 8 dribbling' drill. (5 marks for accurate skills, 15 marks for achieving the standard time)</p> <p>Mark calculation for achieving the standard time :</p> <p>Examinee has to execute the dribbling skills to 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.</p>	<p>Handball : making 3 stride jump shots</p> <p>The goal is divided into 9 parts. 3 marks for shot 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 target shooting skills)</p>

	Time	Marks	Time	Marks	Mark calculation for accurate skills :
	<20s	20	34-35s	12	1. Correct 3-stride: LRL for left-handers, RLR for right-handers
	20-21s	19	36-37s	11	2. No walking
	22-23s	18	38-39s	10	3. Execute the take-off outside the 6-meter line
	24-25s	17	40-41s	9	4. Release the ball when the examinee jumps to the highest point
	26-27s	16	42-43s	8	5. Bring shooting arm up and back
	28-29s	15	44-45s	7	6. Whip throwing arm forward
	30-31s	14	>46s	6	7. Snap the wrist
	32-33s	13			8. Land on take-off foot
Form 4	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)				Tennis : 2 examinees in a group execute the forehand pass for 1 minute. 2 examinees stand at the bottom line of the volleyball court on both sides facing each other. A 0.8-meter-tall net is setting up at the center line of the volleyball court. Examinees start with a serve. 0.5 mark for each accurate pass. If the pass goes out of bounds on the sidelines or the ball has more than one bounce before the examinee hits the ball, it would be regarded as invalid pass. (5 marks for accurate skills, 15 marks for achieving the standard number of pass)
	Mark calculation of the number of pass : 2 examinees stand at the bottom line of the badminton court on both sides facing each other. If the pass goes out of bounds on the sidelines, it would be regarded as invalid pass.				Mark calculation for accurate skills : 1. Ready position 2. The backswing of the racket 3. Using accurate footwork for approaching 4. Strike the ball effectively 5. Complete the follow through

Form 5	<p>Softball : Slow pitching</p> <p>Examinee is asked to execute 5 slow pitches against the wall. Examinee stands 8 to 9 meters away from the wall and targets the strike zone. The strike zone is drawn on the wall that 0.5 meter from the ground and 1 meter from the corner. Pitch that can hit the strike zone would score 3 marks.(5 marks for accurate skills, 15 marks for the accuracy of the pitch)</p>	<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> <ol style="list-style-type: none"> <li>1. Swing the pitching arm in a backward motion and bring the ball back with straight arm</li> <li>2. Step forward with your pitching foot</li> <li>3. Keep the non-pitching foot on the rubber</li> <li>4. Release the ball on hip level</li> <li>5. Follow through, aiming your hand at home plate</li> <li>6. The pitch must come in slowly with a perceptible arc</li> </ol> <p>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 2-3 items  1 mark : able to do the above 1 items</p>	<p>Mark calculation for accurate skills :</p> <ol style="list-style-type: none"> <li>1. Accurate grip of the bat</li> <li>2. Feet are lined up with home-plate with the knees slightly bent</li> <li>3. Feet shoulder-width apart and parallel to each other</li> <li>4. Bat is held roughly over the shoulder</li> <li>5. Eyes on the pitch</li> <li>6. Hips rotation</li> <li>7. Shoulders commence rotation after hips rotation</li> <li>8. Apply great weight on the ball</li> <li>9. Get a hit</li> <li>10. Follow through: bat finishes above the shoulder</li> </ol>
Form 6	No practical exam for form 6 in the second semester	