

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 examine 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><tr><td>Time(s)</td><td>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><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</p> <p>4 marks : able to do the above 4 items</p> <p>3 marks : able to do the above 3 items</p> <p>2 marks : able to do the above 2 items</p> <p>1 mark : able to do the above 1 items</p>
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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: bath finishes above the shoulder	<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>																

		<div>✧ Eyes on ball, judging the line and flight of the ball</div> <div>✧ Arching the back and tucking the chin prior to contact</div> <div>✧ Make contact with the ball with area between eyebrows and hairline</div> <div>✧ Neck is tighten and snaps forward</div> <div>4 marks : able to do the above 4 items</div> <div>3 marks : able to do the above 3 items</div> <div>2 marks : able to do the above 2 items</div> <div>1 mark : able to do the above 1 items</div>																																																								
Form 6	<div>Golf-Putting : 3 strokes, the best performance will be scored (10 marks for accurate skills, 10 marks for achieving the standard distance)</div> <div>Mark calculation for accurate skills :</div> <div>✧ Accurate stance</div> <div>✧ Correct grip</div> <div>✧ Accurate backswing</div> <div>✧ Accurate forward swing</div> <div>✧ Follow through</div> <div>Mark calculation for achieving the standard distance :</div> <table><tr><th>Distance</th><th>Mark(s)</th><th>Distance</th><th>Mark(s)</th></tr><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></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	<div>Bowling : Making 2 frames, each frame has two deliveries. The best frame will be scored.</div> <div>Mark calculation for accurate skills :</div> <div>✧ Accurate grip</div> <div>✧ Proper stance and athletic pose</div> <div>✧ Using 4-step or 5-step delivery</div> <div>✧ Correct swing and slide</div> <div>✧ Follow through</div> <div>Mark calculation for the number of knocked-down pins :</div> <table><tr><th>Number(s)</th><th>Mark(s)</th><th>Number(s)</th><th>Mark(s)</th></tr><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></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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