

Tin Ka Ping Secondary School
PE Swimming Curriculum for F.1 – F.2

PE

Level: F.1

Cycle No.	No of lessons	Topics (Unit / Chapter / Module)	Motor and Sports Skills	Health & fitness	Sports Related value and attitude	Knowledge and Practice of Safety	Knowledge of movement	Aesthetic sensitivity	Learning activities	Assessment	Subject Generic Skills /4Cs	Value & attitude	Teaching progress and Evaluation
2 nd term	4	Swimming Freestyle	Students Are able to 1.1 emerges and submerges in the water. 1.2 control exhalation and breath-holding in the water. 1.3 kick while folding a kickboard and proceed 10m with floating 1.4 swims with both Front crawl arms with kicking. 1.5 swim for 25m with board 1.6 swim for 50m	Students are able to 1.1 strengthen the cardio-respiratory fitness 1.2 to develop muscle power and muscle endurance 1.3 to develop the coordination and balance	1. To let school team help others 2. To enhance perseverance during the long distance swimming training. 3. To respect others with positive value	1. To understand and raise the awareness of swimming 2. can prevent and handle accidents related to aquatics	1. To use the swimming gear and equipment 2. To know the importance of warm-up 3. To use the space and avoid crash with classmates	1. To point out the movement and the skills key point. 2. To enhance the appreciation in diving.	Please refer to the teaching schedule	Students are able to 1.1. swim 50M(F.1) 1.2 perform diving (F.1)	-Communication -Aesthetic Appreciation -Collaboration	-Perseverance -Responsibility -Respect -Commitment	

Level: F.2

Cycle No.	No of lessons	Topics (Unit / Chapter / Module)	Motor and Sports Skills	Health & fitness	Sports Related value and attitude	Knowledge and Practice of Safety	Knowledge of movement	Aesthetic sensitivity	Learning activities	Assessment	Subject Generic Skills /4Cs	Value & attitude	Teaching progress and Evaluation
2 nd term	4	Swimming Breaststroke	Students are able to 1.1 perform whip kick(flog kick) with folding the kick board 1.2 bend the wrist to pull water backwards and download 1.3 perform kicking while the arms stretch forward with arm and leg coordination 1.4 lifts the head above the water to breath. 1.5 swim for 25m with board 1.6 swim for 50m	Students are able to 1.1 strengthen the cardio-respiratory fitness 1.2 to develop muscle power and muscle endurance 1.3 to develop the coordination and balance	1. To let school team help others 2. To enhance perseverance during the long distance swimming training. 3. To respect others with positive value	1. To understand and raise the awareness of swimming 2. can prevent and handle accidents related to aquatics	1. To use the swimming gear and equipment 2. To know the importance of warm-up 3. To use the space and avoid crash with classmates	1. To point out the movement and the skills key point. 2. To enhance the appreciation in diving.	Please refer to the teaching schedule	Students are able to 1.1. swim 50M(F.2) 1.2 perform diving (F.2)	-Communication -Aesthetic Appreciation -Collaboration	-Perseverance -Responsibility -Respect -Commitment	