

**TSUEN WAN PUBLIC HO CHUEN YIU MEMORIAL COLLEGE**  
**PHYSICAL EDUCATION DEPARTMENT 2025-2026**

**OBJECTIVE**

Through teaching a wide range of sports skills and knowledge, helps students develop an active and healthy lifestyle, and nurture balanced development in the five virtues, ‘ethics, intellect, physical development, social skills and aesthetics’.

**MAJOR CONCERN**

Active Learners, Healthy Leaders: Empowering students to take charge of their physical well-being through innovative technology and goal-oriented training for lifelong health.

1.1 To integrate STEAM principles and digital tools in physical education for real-time feedback and personalized learning.

1.2 To develop students' ability to set fitness goals, self-monitor progress, and reflect on their physical development.

**ASSESSMENT SYSTEM**

The students will be assessed as follows:

Items	Percentage
1. Class Performance (Attendance, punctuality and attitude)	40%
2. Skills	25%
3. Physical fitness	25%
4. Knowledge in physical fitness and sports	10%
5. Bonus	10%

Students’ overall performance in this subject will be graded as shown below:

Grade	A	B	C	D	E	F
Performance	Excellent	Good	Fair	Satisfactory	Pass	Fail

Normally, students who do not attend classes more than three times a term may not be graded and will fail in this subject unless under exceptional cases. Basically, the performance of an average student in this subject will be classified in grade C category. Furthermore, grades with plus and minus signs will also be used whenever applicable.

## CURRICULUM

Form Activities	1		2		3		4		5		6	
	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl	Boy	Girl
<b>Athletics</b>	6	5	6	5	6	6	6	6	6	6	4	4
<b>Assessment</b>	-	-	-	-	-	-	-	-	-	-	-	-
<b>Badminton</b>	4	6	-	2	2	1	-	2	2	2	2	2
<b>Basketball</b>	4	6	-	5	4	2	-	4	2	-	2	-
<b>Bowling</b>	-	-	-	-	-	-	-	-	6	6	-	-
<b>Dance</b>	-	-	-	-	-	2	-	-	-	-	4	2
<b>Dodgeball</b>	2	2	4	2	2	-	2	1	2	2	2	2
<b>Dodgebee</b>	-	-	-	-	2	-	-	2	3	-	-	-
<b>Fitness Training</b>	8	8	8	8	8	8	8	8	8	8	4	4
<b>Football</b>	4	1	-	1	4	5	-	-	2	-	2	-
<b>Golf</b>	-	-	-	-	6	2	-	-	-	2	-	2
<b>Gymnastics</b>	-	1	3	2	-	-	2	1	-	-	-	-
<b>Handball</b>	-	-	4	-	-	-	2	3	-	-	-	-
<b>Martial Arts</b>	-	1	-	1	-	1	6	-	2	1	2	3
<b>Rope-Skipping</b>	2	2	6	1	-	4	-	-	3	-	-	-
<b>Rowing</b>	-	1	-	-	2	-	-	1	1	1	-	-
<b>Rugby</b>	4	-	2	-	-	-	2	2	-	-	-	-
<b>Shuttlecock</b>	-	-	3	-	-	1	-	4	3	2	-	-
<b>Softball</b>	-	-	-	-	-	1	4	1	-	1	-	-
<b>Swimming</b>	6	6	6	6	-	-	-	-	-	-	-	-
<b>Table-tennis</b>	2	1	-	2	2	4	-	4	2	-	-	-
<b>Tennis</b>	-	-	-	-	-	-	6	2	-	4	-	2
<b>Theory</b>	2	2	2	2	2	2	2	2	2	2	1	1
<b>Volleyball</b>	-	2	-	6	4	4	2	-	-	5	-	-
<b>Others</b>	4	4	4	5	4	5	6	5	4	6	3	4
<b>Areas of Activity</b>	5	6	6	6	5	5	5	5	5	4	5	5
<b>No. of lessons</b>	48		48		48		48		48		26	

### **INTERNAL SPORTS COMPETITIONS**

<b>Date</b>	<b>Competitions</b>
Oct 2025	Inter-house Soccer Competition Inter-class Basketball Competition (Senior Forms)
Nov 2025	Inter-house Basketball Competition (Senior Forms) Inter-class Dodgeball Competition (Senior Forms)
Dec 2025	Sports Days Inter-house Badminton Competition
Feb 2026	Inter-house Basketball Competition (Junior Forms)
Mar 2026	Inter-class Basketball Competition (Junior Forms)
May 2026	Inter-class Dodgeball Competition (Junior Forms)