

Physical Education (PE) Elective

**[applicable to the 2028 HKDSE Examination
and onwards]**

Physical Education Section
Curriculum Development Institute
Education Bureau

Curriculum Aims

The PE elective curriculum aims at enabling students to:

- ▶ acquire knowledge and skills, and develop values and attitudes necessary to pursue an active and healthy life in a self-regulated manner;
- ▶ become responsible citizens who contribute to the building of a healthy community and are themselves vigorous, vital and able to convince others to adopt an active and healthy lifestyle;
- ▶ integrate physical skills with theoretical learning and use them to support and strengthen their conceptual understanding and higher-order thinking;
- ▶ construct knowledge by linking the understandings they develop in PE, sport and recreation with those in other disciplines, and make use of this knowledge in further education and career development;
- ▶ apply theories to enhance performance or participation in PE, sport and recreation;
- ▶ develop positive sport-related values, attitudes and desirable moral behaviour, and transfer them to their daily life;
- ▶ develop the generic skills for lifelong learning.

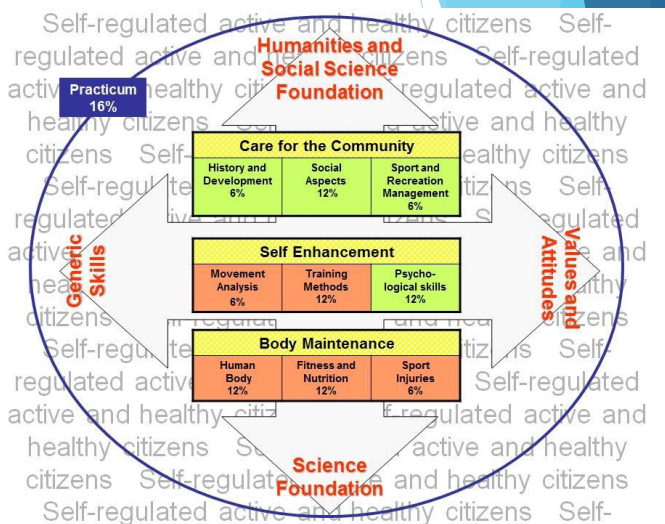
Interface with the Junior Secondary Curriculum and Post-secondary Pathways

The PE elective curriculum

- ▶ a continuation of junior secondary education to prepare students for post-secondary education programmes.
- ▶ provides a broad platform for students to strengthen their understanding in the strand of “knowledge of movement”, “health and fitness”, “sport-related values and attitudes” and “knowledge and practice of safety”, etc.
- ▶ covers a wider range of topics including physiology, nutrition, physics, sociology, psychology, history and management, which benefit students pursuing in the post-secondary education programmes related to PE, sport science, recreation management, education, physiotherapy, nursing and journalism, etc.
- ▶ helps students develop scientific and reflective thinking, desirable values and attitudes, as well as strong physique.

Curriculum Framework

- ▶ Learning objectives of the PE elective include science foundation, humanities and social science foundation, generic skills, and values and attitudes.
- ▶ The objectives are to be achieved through studying nine theoretical parts and engaging in the practicum.



Assessment Mode

► Public Assessment

Paper		Examination Content		Proportion of Marks for Each Paper
A. Theory (60%)	Paper 1	Multiple-Choice & Short Questions		42%
	Paper 2	Long Questions		18%
B. Practical (40%)	Paper 3	Performance in Two Physical Activities	Basketball / Football / Volleyball / Handball / Badminton / Table Tennis (choose one)	$13\frac{1}{3}\%$
			Athletics / Gymnastics / Swimming (choose one)	$13\frac{1}{3}\%$
	Level of Physical Fitness	Sit-up, Sit and Reach, 1 Mile Run, Pull-up (Men)/Flexed Arm Hang (Women)	$13\frac{1}{3}\%$	

Further Studies

► The PE elective curriculum employs the design of cross-curricular which encourages students to explore and reflect, allowing them to build a solid foundation in a wide range of science, humanities and social science subjects, etc., and preparing them for various programmes including bachelor’s degrees, associate degrees and higher diplomas, etc.

► Examples for the Articulating Courses in Universities and Tertiary Institutions

- Sports Science
- Health Science
- Education (PE)
- Recreation Management
- Food and Nutritional Science
- Physiotherapy
- Sociology
- Psychology
- Communication / Journalism
- or other courses related to Sports Industry

Example for Learning and Teaching Resources

▶ HKDSE (Physical Education) Learning and Teaching Package

- ▶ https://www.edb.gov.hk/en/curriculum-development/kla/pe/ss-pe-elective/hkdse_pe_ltp/index.html



Example for Learning and Teaching Activities

- ▶ “Active Students, Active People” (ASAP) Campaign
 - MVPA60 Award Scheme
 - Sharing Sessions by Elite Athletes
- ▶ Inter-school Sports Competitions
- ▶ Schools Dance Festival Competition
- ▶ School Physical Fitness Award Scheme
- ▶ The School Sports Programme coordinated and subvented by the LCSD, organised by related National Sports Associations and co-organised by the Education Bureau and various Universities

Reference

- ▶ Physical Education - Curriculum and Assessment Guide (Secondary 4-6) (2023)

http://www.edb.gov.hk/attachment/en/curriculum-development/kla/pe/curriculum-doc/PE%20C&A%20Guide_e.pdf



- ▶ Senior Secondary Physical Education Elective – Frequently Asked Questions

https://www.edb.gov.hk/attachment/en/curriculum-development/kla/pe/frequently-asked-question/faq_pe_ss_e.pdf



For enquiries, please contact respective subject teacher(s) or class teacher(s) of the school.

Thank you