

PE Schemes of work
體育科課程

Athletics 田徑

年級	內容
中一 (4 double- lessons)	1. 短跑 短跑基本技術 sprinting basic skill Sprinting : 跑姿 running form - 上肢動作 upper limb motion: 擺動臂 swinging arm - 下肢動作 lower limb motion: 後蹬 leg drive, 抬腿 leg lift 蹲踞式起跑 crouching start 2. 接力 下壓式 overhand pass Relay : - 起跑 starting - 握棒動作 baton handling skills / 交接棒 hand over the baton - 接棒區的認識 introduction of the exchanging baton zone 3. 跳遠 跨步式跳遠 hitch - kick Long jump : - 助跑 approach, 起跳 take off, 空中動作 flight, 落地 landing 4. 鉛球 原地推鉛球 standing shot putt Shut putt : - 持球 starting position, 側面滑步及出手 glide and put 5. 跳高 直體過桿 straight-on approach or a scissors technique High jump : - 助跑 approach, 起跳 take off, 完結 clearance - 垂直跳練習 vertical jump drill 6. 有關規則 Relevant rules and regulations
中二 (4 double- lessons)	1. 短跑 短跑基本技術 sprinting basic skill Sprinting : - 上肢動作 upper limb motion - 下肢動作 lower limb motion 加速度跑動作 accelerating run - 步幅與步數 step and frequency

	<p>2. 接力 Relay :</p> <p>3. 跨欄 Hurdling :</p> <p>4. 跳高 High jump</p> <p>5. 跳遠 Long jump :</p>	<p>交接棒的技巧(望著交接) hand over the baton (handoff)</p> <ul style="list-style-type: none"> - 交棒者技巧(skill of Incoming runner) - 接棒前起動跑(接棒者)moving before receive the baton (outing runner) <p>跨欄基本技術 (低欄) hurdling basic skill (low hurdle)</p> <ul style="list-style-type: none"> - 前腿 leading leg / fore leg, 後腿 rear leg - 起跨 lifting leg, 騰空過欄 smooth flight path, 著地腿 landing leg <p>俯臥式 straddle jump / face-down</p> <ul style="list-style-type: none"> - 助跑 approaching and acceleration, 起跳 take off, - 過杆落墊 clearance <p>蹲踞式跳遠 knee-tuck jump</p> <ul style="list-style-type: none"> - 助跑 approach, 起跳 take off , 完結 landing - 踏跳準繩 Accuracy of contact to the takeoff board
	<p>1. 長跑 distance running</p>	<ul style="list-style-type: none"> - 跑姿 running form - 跑的及呼吸方法 running rhythm and breathing method

<p>中三 (4 double- lessons)</p>	<p>2. 跳高 High 背越式跳高 Fosbury Flop jump : - 助跑 approaching and acceleration, 起跳 take off, - 過杆落墊 clearance</p> <p>3. 擲鐵餅 原地擲鐵餅 standing throw Discus - 握餅 discus holding, 預擺 swing, 出手 release</p> <p>4. 跨欄 跨欄基本技術 hurdling basic skill Hurdling : - 前腿 leading leg, 後腿 rear leg - 起跨 lifting leg, 騰空過欄 smooth flight path, 著地腿 landing leg - 步數及步幅 rhythm between hurdle - 過欄技術 Get over the hurdle - 欄間步 steps between hurdles</p> <p>5. 擲標槍(男子 投擲動作 throwing motion 組項目) - 握槍 handhold Javelin throw - 助跑 approach run (boys only) : - 投擲步法和手法 transition steps and holding posture - 出槍 release</p>
<p>中四 (3 double- lessons)</p>	<p>1. 跑，跳，擲各項訓練 training of different track and field events</p> <p>2. 跨欄(高欄) 上欄 Attack the hurdle: 前腳動作 Lead Leg hurdling (high - 跨越 Get over the hurdle: 擺腿 Quick snap hurdle) : - 回復跑動 Return to sprinting: 落地動作 Trail leg - 保持平衡 Maintain balance: 手部動作 Arms</p> <p>3. 接力 Relay : 交接棒的技巧(不用望交接) exchanging the baton (blind handoff) - 交棒者技巧(skill of Incoming runner), signal giving - 接棒前起動跑(接棒者)moving before receive the baton (outing runner)</p>

	<p>4. 三級跳遠 - 立定三級跳遠 jump without acceleration (男子組項目) - 整套動作 two hops and one jump (including hop, step, jump) Triple jump (boys only)</p>
<p>中五 (3 double- lessons)</p>	<p>跑，跳，擲各項訓練 training of different track and field events</p>
<p>中六 (3 double- lessons)</p>	<p>跑，跳，擲各項訓練 training of different track and field events</p>

Dodgeball 閃避球

年級	內容
中一 (3 double- lessons)	<ol style="list-style-type: none"> 1. 介紹閃避球基本球例 Introduction of basic rules (界線 boundary、傳接 passing and receiving、計分 scoring) 2. 基本技巧：拋球、躲球、接球、向前跑和向後跑 Basic skills : throw, dodge and catch, forward run, backward run 3. 蹲 + 跑向各界線 crouching and running up to the line
中二 (3 double- lessons)	<ol style="list-style-type: none"> 1. 動作複習 skill practice (拋球 throw, 躲球 dodge, 接球 catch, 向前跑 forward run, 向後跑 backward run) 2. 追截地面滾動球 Run for the rolling ball on the ground 3. 將球引領至進攻線 Return the balls to the attack-line 4. 外場區與內場區移動配合 Adjustment of the moving position according to opponents - inner court and outer court
中三 (3 double- lessons)	<ol style="list-style-type: none"> 1. 接快速傳球 catching fast balls 2. 基本跑、跳、擲訓練 Practice jumping, throwing, and running 3. 介紹閃避球違例的手號 Introduction of official signals
中四 (3 double- lessons)	<ol style="list-style-type: none"> 1. 假動作攻擊 attack with fake 2. 反應跑、跳、擲訓練 Practice reaction running, jumping and throwing 3. 搶截球 stealing
中五 (3 double- lessons)	<ol style="list-style-type: none"> 1. 截球 (追截空中傳) ball stealing (long pass) 2. 接攻擊球 catching attacking ball 3. 複習 game practice

中六 (3 double- lessons)	<ol style="list-style-type: none">1. 變向跑、跳訓練 Practice jumping and running – changing direction2. 變速跑、跳訓練 Practice jumping and running – changing speed3. 防守陣式：一字陣及海綿陣 defensive form: “one” and “spongy”4. 複習 game practice
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Softball 壘球

年級	內容
中一 (2 double- lessons)	1. 介紹壘球的基本技巧 Introduction of basic skills - 拋球、接球和各壘的介紹 Catching, throwing, and fielding 2. 基本技巧 basic skills - 接滾地球和彈地球 catching rolling ball and bouncing pass 3. 短距離三角拋接 short distance throwing and catching
中二 (2 double- lessons)	1. 動作複習 skill practice (拋球、接球和各壘的介紹 Catching, throwing, and fielding) 2. 拋球 Throwing Mechanics - 扼球及拋球 Grips and Releases 3. 接球員的技巧 Softball Fielding Skills - 接球準備動作及方法 Ready Positions and Approaches 4. 基本技巧 basic skills - 拋球的位置及技巧 Gloveside and Lower Body - 接高球和肩上傳球 catching high ball and shoulder pass
中三 (2 double- lessons)	1. 動作複習 skill practice (接高球和肩上傳球 catching high ball and shoulder pass) 2. 介紹擊球(持棒) Introduction to Pitching Mechanics (gripping) 3. 基本技巧 basic skills - 移動接球和接長傳球 moving catch and catching long pass - 擊球及上壘 hit and run 4. 擊球 Batting Skills

<p>中四 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 連續傳、接球(二人) Catching, throwing with the glove (2 pax) 2. 擊球 - 短打 batting - bunting 3. 抵壘跑 running base 4. 簡單比賽 game practice
<p>中五 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 投球及接球 Pitching and catching - 傳、接快速空中球 Catching, throwing a high pass with the glove - 傳、接快速左右球 Catching, throwing the softball in different direction with the glove 2. 揮棒擊球 Softball Batting Skills - The Swing 3. 偷壘和抵壘跑 base stealing and base running 4. 比賽 game practice

Basketball 籃球

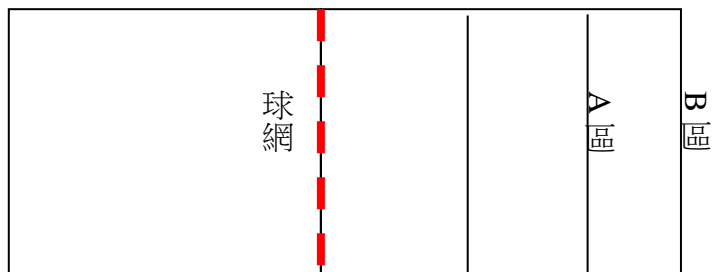
年級	內容
<p>中一 (4 double- lessons)</p>	<ol style="list-style-type: none"> 1. 介紹籃球基本球例 Introduction of basic rules (界線 boundary, 計分 scoring) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 球感訓練 ball sense training - 胸前傳球 chess pass - 基本直線運球(慣用手) basic straight line dribbling (strong hand) - 定點射擦板球 set shot (bank shot) 3. 防守步 (滑步) defense step (glide)
<p>中二 (4 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (胸前傳球 chess pass) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 基本直線運球(非慣用手) basic straight line dribbling (weak hand) - 傳接 passing and receiving - 肩上傳球 shoulder pass / baseball pass 3. 射球與防守 shooting and guarding <ul style="list-style-type: none"> - 立定射球 stand shoot - 防守投射者 guarding shooter 4. 運球後投射 dribbling follow by shooting 5. 介紹籃球基本規則 Introduction of basic rules (犯規 foul、違例的手號 official signals)

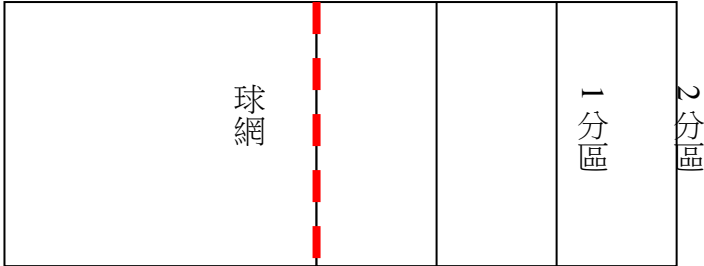
<p>中三 (4 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 頭上傳球 overhead pass - zig-zag 運球 zig-zag dribbling - 搶截 steal - 上籃 lay up - 雙足急停 parallel stop - 防守運球者 guarding dribbler 2. 二人直線走動對傳 straight line running pass (2 persons) 3. 二對一半場進攻防守 2 on 1 half court game play
<p>中四 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 跳射 jump shoot - 變向運球 dribbling (changing direction) - 變速運球 dribbling (changing speed) - 籃板球 rebound - 跨步急停 stride stop 2. 長傳快攻 long pass fast break 3. 半場人盯人 half court man to man defense

<p>中五 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (zig-zag 運球 zig-zag dribbling, 變速運球 dribbling with changing speed) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 假動作 feinting; (ball fake, head fake, shoulder fake) - 掩護 screen 3. 二人對傳快攻 fast break - 2 persons 4. 二對二進攻練習 two to one offense (傳球 passing, 運球 dribbling) 5. 全場比賽 full court match
<p>中六 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (各項傳球和運球 passing and dribbling) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 接球急停跳射 receiving and the ball and shot - 持球後轉 rare pivot with ball 3. 後轉身射球(男子動作) rear pivot shot (boys only) 4. 防守陣式介紹 Introduction of defense pattern <ul style="list-style-type: none"> - 1-2-2 區域聯防 1-2-2 zone defense - 3-2 區域聯防 3-2zone defense 5. 複習 game practice 6. 全場比賽 full court match

Volleyball 排球

年級	內容
中一 (3 double- lessons)	1. 介紹排球基本球例 Introduction of basic rules (場地界線 boundary, 傳接 service and reception, 開球計分法 scoring) 2. 基本技巧 basic skills - 下手傳球 underarm pass 3. 左右移動下手傳球 moving underarm pass (moving to the right and moving to the left) 4. 下手發球 (半場) underarm service (half court)



<p>中二 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (下手傳球 underarm pass) 2. 基本技巧 basic skills - 上手傳球 overhand pass 3. 移動傳球 moving pass - 前後移動下手傳球 moving underarm pass (moving forward and moving backward) - 前後移動上手傳球 moving overarm pass (moving forward and moving backward) 4. 一對一對搓球活動 one to one pass 5. 下手發球 (半場) underarm service (half court)  <p>The diagram shows a rectangular court layout. On the left side, there is a vertical dashed red line labeled '球網' (Net). To the right of the net is a solid vertical line labeled '一分區' (Key). Further to the right is another solid vertical line labeled '二分區' (Free-throw line). The court is divided into three vertical sections by these lines.</p>
<p>中三 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (下手傳球 underarm pass, 上手傳球 overhand pass) 2. 基本技巧 basic skills - 上手傳球 overhand pass 3. 移動上手傳球 (前後左右) Moving overhand pass (moving backward, forward, to the right, to the left) 4. 二對二對搓球活動 two to two pass 5. 下手發球 (全場) underarm service (full court)

<p>中四 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 扣球 spiking - 半場上手發球 (男子) half court over arm service (boys only) 2. 步法 footwork <ul style="list-style-type: none"> - 交叉步 crossover step 3. 單人攔網 one-man blocking 4. 三對三模擬比賽 3 on 3 game practice
<p>中五 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (傳球和發球 passing and serving) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 全場上手發球 (男子) full court over arm service (boys only) 3. 雙人人攔網 two-men blocking 4. 全場比賽 full court match
<p>中六 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 動作複習 skill practice (傳球和發球 passing and serving) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 下手後傳球 underarm backward pass 3. 一傳後扣球 one-pass attack 4. 全場比賽 full court match

Handball 手球

年級	內容
中一 (2 double- lessons)	<ol style="list-style-type: none"> 1. 介紹手球基本球例 Introduction of basic rules (場地界線 the dimensions of the court, 計分法 scoring) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 球感訓練 ball sense training - 單手肩上傳球 one-hand shoulder pass - 原地單手肩上傳球 standing one-hand shoulder shot 3. 防守步 (滑步) defense step (glide)
中二 (2 double- lessons)	<ol style="list-style-type: none"> 1. 介紹手球基本規則 Introduction of basic rules (違例行為 Regulations 及手勢 signals) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 單手低手傳球 one-hand underhand pass - 帶球移動 dribbling 3. 一對一防守 personal defense
中三 (2 double- lessons)	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 三步跳躍射門 3 steps jump shot - 守門 goal keeping - 彈地傳球 bounce pass 2. 一對一進攻 personal skill (運球過人 dribbling, 射門 shooting) 3. 二對一進攻及防守練習 2 to 1 attack and defense training (傳接 pass and catch、三步運用 3 steps、創造空位 spacing 及填補空位 cover)

<p>中四 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 反手傳球 / 甩手傳球 reverse pass / wrist pass - 搶截 stealing - 彈地射門 bounce shot 2. 二人走動傳接 two-men running pass 3. 小組快速反攻 fast break (交叉 cross passing, 直線進攻 direct fast break)
<p>中五 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 頭上長傳球 overhead long pass - 轉身射門 pivot shot - 擺脫對方防守 escape from the defense player 2. 長傳快速反攻 long pass fast break (二對二進攻及防守 2 on 2 attack and defense) 3. 全場比賽 full court match
<p>中六 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> -- 高吊球射門 lob shot, 假動作 body feint 2. 防守陣式 defense form (人盯人防守 man-man defense, 5-1 防守 5-1 defense) 3. 全場比賽 full court match

Rugby 欖球

年級	內容
中一 (3 double- lessons)	<p><u>攻擊 Attack</u></p> <ol style="list-style-type: none"> 1. 基本技巧 basic skills (帶式欖球 tag rugby) <ul style="list-style-type: none"> - 持球跑 running with ball (持球 holding the ball) - 基本傳球及接球 basic passing and catching - 向前進攻 running forward with the ball (放置兩個約距 5 米色碟, 球員則平均排列並進行基本傳球及接球 Set two opposite cones, to do basic passing and catching) 2. 持球跑避開障礙物 obstacle running with ball 3. 三人小組進攻 3 people group attack 4. 介紹基本球例(帶式欖球) Introduction of basic rules (tag rugby) <p><u>防守 Defense</u></p> <ol style="list-style-type: none"> 1. 追逐跑遊戲 chasing game <ul style="list-style-type: none"> - 搶奪色帶 taking off tag or colour team band - 反應跑 reacting run

<p>中二 (3 double- lessons)</p>	<p><u>攻擊 Attack</u></p> <ol style="list-style-type: none"> 1. 基本技巧 basic skills (點觸式欖球 touch rugby) <ul style="list-style-type: none"> - 持球跑 running with ball (持球 holding the ball) - 基本傳球及接球 basic passing and catching - 變向及變速進攻 running with the ball in different direction and speed 2. Roll Ball (被 touch 後的反應) (要求球員聽到“touch”後，將球放在腳的中間位置 Follow the call , after shouting “touch” by opponent, the player holding the ball has to put down the ball between legs) 3. 保持控球權 Maintain Continuity attacking (Backs line) <ul style="list-style-type: none"> - 製造 4 人的進攻線 set 4 cones and create a backs line (放置 4 個色碟，排至向後的斜線以有利教導進攻線的形成 Place four cones in a diagonal line in order to introduce the concept of “Backs line”) 4. 介紹基本球例(點觸式欖球) Introduction of basic rules (touch rugby) <p><u>防守 Defense</u></p> <ol style="list-style-type: none"> 1. 建立防守線 setting flat defense line 2. 防守反應移動 reacting move (跟隨教練指示方向，並作出防守反應 Follow coach’ s move , defense with spreading two hands to form a flat line)
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<p>中三 (3 double- lessons)</p>	<p>1. 動作複習 skill practice <u>攻擊 Attack</u> - 持球跑 running with ball (持球 holding the ball) - 基本傳球及接球 basic passing and catching - 變向及變速進攻 running with the ball in different direction and speed</p> <p>2. 支援隊友 Supporting of teammates <u>防守 Defense(點觸式欖球 touch rugby)</u> 1. 介紹越位線 introduction of the concept of offside 2. 返回越位線後 Back five 3. 點觸對手以停止向前進攻 touching opponent to stop attacking - 點觸肩膀 touching shoulder - 點觸腰間 touching waist</p> <p><u>欖球球例分析 The rules of Play</u> Game：點觸式欖球 Touch rugby (5 vs 5 5 進攻對 5 防守) 全場比賽 Match</p>
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<p>中四 (3 double- lessons)</p>	<p>動作複習 skill practice <u>攻擊 Attack</u> 1. 動作複習 skill practice - 基本傳球及接球 Basic passing and catching - 向前進攻 Go forward with the ball - 變向跑 running with changing direction - 變速跑 running with changing speed 2. 保持控球權 Maintain Continuity attacking Backs line 3. 製造進攻線 並重組攻勢 form backs line, re-a-line 4. 2 vs 1 (2 對 1 進攻防守), 3 vs 1 (3 對 1 進攻防守) 5. 介紹基本球例(半接觸式欖球) Introduction of basic rules (semi-tackle rugby)</p> <p><u>防守 Defense</u> 1. 碰撞技術 Contact with the ball - 正面截停對手 stopping the running of opponent at front (Show the technique of contact)</p> <p><u>欖球球例分析 The rules of Play</u> 比賽 match (半接觸式欖球 semi-tackle rugby)</p>
<p>中五 (3 double- lessons)</p>	<p>1. 動作複習 skill practice - 閃避的跑法 Side-step - z 字形跑法 Zigzag run - 1 對 1 進攻防守 1 vs 1 - 正面截停對手 stopping the running of opponent at front 2. 開球踢(男子) Kick-off (boys only) 承接高飛球 Catch the high ball 3. 複習 game practice (半接觸式欖球 semi-tackle rugby) 4. 全場比賽 Match</p>

Football 足球

年級	內容
中一 (3 double- lessons)	<ol style="list-style-type: none"> 1. 介紹足球基本球例 Introduction of laws of the game (界線 boundary, 越位 off side, 自由球 free kick) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 球感訓練 ball sense training - 腳尖傳球 pass with the toe-end - 腳底停球 trapping with sole of foot 3. 進行一對一傳地面短傳活動 one to one short ground pass
中二 (3 double- lessons)	<ol style="list-style-type: none"> 1. 介紹足球基本規則 Introduction of laws of the game (各犯規 foul, 定點罰球 penalty kick, 違例行為及手號 official signals) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 腳內側傳球 pass with inside of foot - 腳內側停球 trapping with inside of foot - 運球 / 盤球 (直線) running with the ball / dribbling (straight) 3. 進行一對一地面互傳活動 one to one passing 4. 一對二攔截活動 (搶球) 1 to 2 marking (tackling)

<p>中三 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 腳外側傳球 pass with outside of foot - 第一時間傳球 first-time pass - Zig-zag 運球 / 盤球 Zig-zag dribbling - 射門 shooting 2. 進行一對一地面撞牆傳球活動 one to one wall pass 3. 守門技巧 Goal-keeping <ul style="list-style-type: none"> - 接地面球 catching ground shots 4. 一對一攻防活動 1 to 1 attack and defense
<p>中四 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 凌空傳球 volley pass - 頭鎚 heading - 盤球過人 dribbling pass an opponent 2. 守門技巧 Goal-keeping: <ul style="list-style-type: none"> - 接中腰球 catching shots at waist levels 3. 三角短傳活動 short triangular passing 4. 角球的處理 corner handling <ul style="list-style-type: none"> - 前柱角球 cross pass to the near post - 遠柱角球 cross pass to the far post - 短角球 short corner pass

<p>中五 (3 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 跳頂球 (解圍) jump heading (for clearance) - 凌空射球 volley shot 2. 守門技巧 Goal keeping <ul style="list-style-type: none"> - 接地面球及中腰球 catching ground shot, catching shots at waist level - 拋球凌空踢出 punting 3. 自由球及罰球處理 free shot
<p>中六 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本技巧 basic skills <ul style="list-style-type: none"> - 腳跟傳球 heel pass - 跳頂球 (攻門) jump heading (for goal) 2. 守門技巧 Goal keeping <ul style="list-style-type: none"> - 接高空球 catching high shot - 托球 palming or tipping - 拳擊球 punching volley shot 3. 二對一進攻射門 2 to 1 attack (創造空位 create opening) 4. 複習 game practice

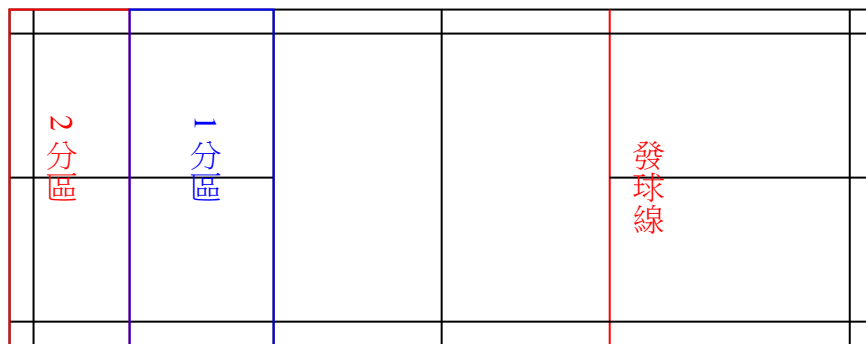
Badminton 羽毛球

年級	內容
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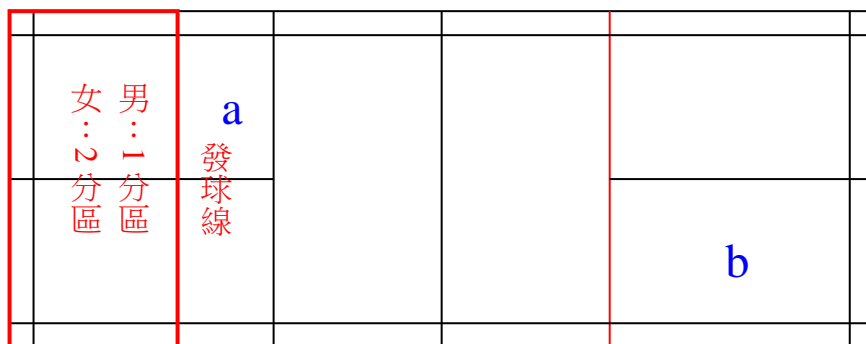
中一
(2
double-
lessons)

1. 介紹羽毛球基本球例 (單打) Introduction of basic rules (single play)
(場地界線 boundary、開球計分法 scoring)
2. 握拍 racket handling 預備姿勢 ready position
3. 基本技巧 basic skills
 - 正手高遠球 forehand overhead stroke
 - 正手發高球 forehand high serve
4. 複習 game practice(doubles)

A.

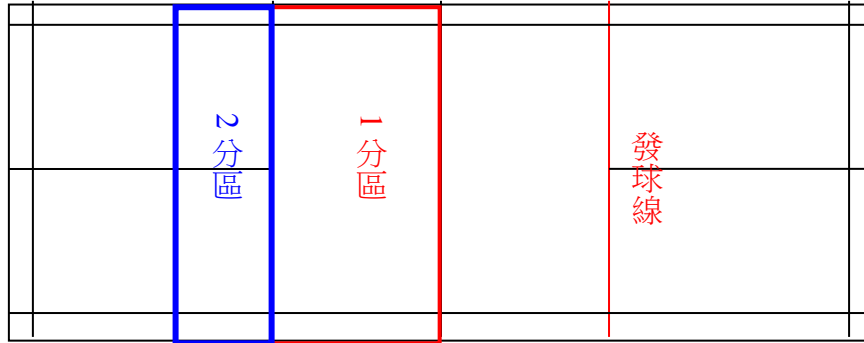


B.

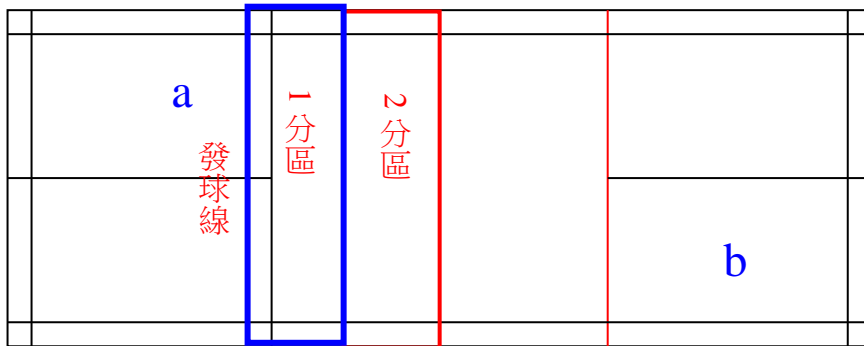


1. 基本一對一對搓活動 (serve, forehand)
2. 基本技巧 basic skills
 - 正手發短球 forehand low serve
 - 正手吊網前球 forehand drop shot
3. 複習 game practice (doubles)

A.



B.



中二
(2
double-
lessons)

<p>中三 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本一對一對搓活動 (serve, forehand, backhand, drop shot) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 正反手挑高球 forehead and backhand clear - 反手發短球 backhand low serve 3. 網前步法 footwork 4. 複習 game practice
<p>中四 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 介紹羽毛球基本球例 (雙打) Introduction of basic rules (double play) 2. (場地界線 boundary、開球計分法 scoring) 3. 基本一對一對搓活動 (serve, forehand, backhand, drop shot) 4. 基本技巧 basic skills <ul style="list-style-type: none"> - 正手扣殺球 forehand smash - 反手吊網前球 backhand drop shot - 網前球 net shot 5. 複習 game practice
<p>中五 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本一對一對搓活動 (serve, forehand, backhand, drop shot, smash) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 網前扣殺 net kill - 正手平推球 forehand drive 3. 複習 game practice
<p>中六 (2 double- lessons)</p>	<ol style="list-style-type: none"> 1. 基本一對一對搓活動 (serve, forehand, backhand, drop shot, smash) 2. 基本技巧 basic skills <ul style="list-style-type: none"> - 繞頭擊球法 around the head stroke 3. 比賽 match

Physical fitness 體能

年級	內容
中一 (3 double- lessons + 2 double- lessons)	體適能測試 physical health fitness test + 理論教授 theory lesson a) 田徑項目介紹、陸運會的英文用語 b) 體適能測試項目介紹 or (循環訓練) (circuit training)
中二 (3 double- lessons + 2 double- lessons)	體適能測試 physical health fitness test + 理論教授 theory lesson a) 體重控制 (能量輸出和輸入) b) 體重控制 (BMI 計算) or (循環訓練) (circuit training)
中三 (3 double- lessons + 2 double- lessons)	體適能測試 physical health fitness test + 理論教授 theory lesson a) 運動創傷 (原發性) b) 運動創傷 (勞損性) or (循環訓練) (circuit training)

中四 (3 double- lessons + 2 double- lessons)	體適能測試 physical health fitness test + (循環訓練) (circuit training)
中五 (3 double- lessons + 2 double- lessons)	體適能測試 physical health fitness test + (循環訓練) (circuit training)
中六 (2 double- lessons + 1 double- lessons)	體適能測試 physical health fitness test + (循環訓練) (circuit training)

Table tennis 乒乓球

年級	內容
中一 (2 double- lessons)	1. 介紹乒乓球基本球例 (單打) Introduction of basic rules (single play) (界線 boundary、開球計分法 scoring) 2. 正手握板法 "penhold" grip 3. 基本技巧 basic skills - 發球 serving：正手上旋球 (正手握板法) forehand topspin ("penhold" grip) - 推擋 plain hit
中二 (2 double- lessons)	橫手握板法 "shake-hands" or "western" grip :backhand grip and forehand grip 2. 基本技巧 basic skills - 發球 serving：正手上旋球 (橫手握板法) forehand topspin ("shake-hands" grip) - 抽擊球 forehand drive
中三 (2 double- lessons)	1. 1. 基本技巧 basic skills -反手 backhand (橫手握板法) -forehand topspin ("shake-hands" grip) 2. 步法 steps
中四 (2 double- lessons)	1. 介紹乒乓球基本球例 (雙打) Introduction of basic rules (double play) (場地界線 boundary、開球計分法 scoring) 2. 基本技巧 basic skills - 正手扣球 forehand smash (橫手握板法) forehand topspin ("shake-hands" grip) - 斜角推擋 plain hit - diagonal path - 發反手平擊球 backhand plain hit shot 3. 雙打 double play

中五 (2 double- lessons)	<ol style="list-style-type: none">1. 基本技巧 basic skills<ul style="list-style-type: none">- 削球 sidespin service (正手握板法) forehand topspin ("penhold" grip)- 反手下旋球推擋 backhand push or backhand backspin shot- 反手上旋球 backhand topspin shot or backhand block2. 左右斜角推擋 plain hit - two sides diagonal path3. 複習 game practice
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Gymnastic 體操

年級	內容
中一 (2 double- lessons)	1. 自由體操 floor exercises : - 前滾翻 forward shoulder roll 2. 跳箱(橫箱) horse-vaulting : - 使用踏板技巧 Skill of using beat board - 分腿騰越 astride vault / straddle vault
中二 (2 double- lessons)	1. 自由體操 floor exercises : - 後滾翻 backward roll - 前滾翻分腿起 forward roll to straddle stand 2. 跳箱(橫箱) : horse-vaulting : - 屈腿騰越 / 蹲腿騰越 bent leg squat vault
中三 (2 double- lessons)	1. 分腿騰越 / 蹲腿騰越(橫箱)接前滾翻 astride vault + forward shoulder roll 2. 側手翻 cartwheel 3. 側手翻 + 半轉 cartwheel in turn
中四 (2 double- lessons)	1. 魚躍前滾翻 dive forward roll 2. 分腿後滾翻 backward roll astride 3. 屈腿騰越 / 蹲腿騰越(橫箱)接前滾翻 squat vault + forward shoulder roll
中五 (2 double- lessons)	1. 牆靠手倒立 wall handstand 2. 魚躍前滾翻接側手翻 dive forward roll + cartwheel 3. 直箱分腿騰越(男子項目) long horse astride vaulting (boys only)

Tennis 網球單元

年級	內容
中四 (2 double- lessons)	1. 介紹網球基本球例 Introduction of basic rules (場地界線 boundary、開球計分法 scoring) 2. 準備姿勢 Ready position 基本握拍 basic racquet grip 3. 基本技巧 basic skills - 正手底線抽擊 forehand
中五 (2 double- lessons)	1. 動作複習 skill practice (正手 forehand) 2. 基本技巧 basic skills - 雙手反手抽擊 two-handed backhand - 單手反手抽擊 one-handed backhand - 截擊球 volleying 3. 複習 game practice