

SIR ELLIS KADOORIE SECONDARY SCHOOL (WEST KOWLOON)
S4 HKDSE PE Half Yearly Exam Syllabus
2022/2023

Practical Examination (40%)

1. **Physical Fitness** (40%)
- a. Pull-up
 - b. Sit-up
 - c. 1 mile run
 - d. Sit and reach

Written Examination (60%)

Chapter 2

- A. Growth and development
- B. Skeletal system
- C. Nervous system
- D. Muscular system
- E. Cardiovascular system
- F. Respiratory system
- G. Energy system

Chapter 9

- A. Concepts of sport and recreation management
- B. Programme organization
- C. Legal issues regarding PE, sport and recreation

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Chapter 1

- A. Definitions and terminology
- B. Roles and values of physical education, sport, recreation and leisure
- C. Physical education in Hong Kong
- D. Sport, recreation and leisure in Hong Kong

Chapter 4

- A. Components of health
- B. Definition of physical fitness
- C. Components and measurement of health-related physical fitness
- D. Components and measurement of sport-related fitness
- E. Food and nutrition
- F. Weight control
- G. Healthy behavior
- H. Role of physical activities in the prevention of non-communicable diseases