



行政長官卓越教學獎
CHIEF EXECUTIVE'S AWARD FOR
TEACHING EXCELLENCE



Dancing with fun, style and grace

Recipient of Certificate of Merit:

Mr WONG Shun-ki, Aaron

School:

Christian Alliance
S C Chan Memorial College

Years of Teaching:

28 years

Teaching Targets:

Secondary 1 to Secondary 7

Beliefs of Teaching:

To inspire students to love sports by introducing fun into the learning of sports.

Interview with the Teacher

In the past, PE lessons mainly took the form of running round the school campus for laps, playing ballgames, and doing forward and backward rolls on the floor, etc. However, Mr Wong, the PE teacher of Christian Alliance S C Chan Memorial College, has a different view. Armed with his belief in achieving fitness through fun, he has developed a well-balanced curriculum that emphasises students' interests. While junior students are able to learn the basic skills required for the more traditional activities, senior students are introduced to a variety of fun-filled sports activities. Among these, dancing is the most popular among the senior students. Undoubtedly, his carefully customised PE curriculum has not only nurtured his students' love of sports but also enhanced their physical and cardiovascular fitness.

As an experienced PE teacher, Mr Wong notices that students in Hong Kong rarely exercise as most of them are too occupied with their school work. To these students, the two PE lessons a week are all the exercise they have, which is hardly adequate for strengthening the physical condition. Several years ago, he conducted a research that compared the fitness of his students with those of other students in Hong Kong based on the Physical Fitness Standard developed by the Chinese University of Hong Kong. The result showed that the cardiovascular fitness of his students was noticeably below average. This prompted the launching of an additional training programme on distance running as Mr Wong and his colleagues required their students to exercise more to enhance their cardiovascular fitness.

Mr Wong finds the traditional PE curriculum too heavy as it requires students to learn too many skills, therefore leaving little time for the discovery of fun. This certainly discourages the students from developing the habit of exercising regularly.

In view of this, Mr Wong has modified the school-based curriculum by recasting the components into core activities and selective activities. The modified curriculum benefits the students as it equips them with the basic skills while allowing them more choices and free time to develop their interest in sports. "I believe that once the students develop their interest in a particular sport, they will continue to

practise, and it gradually becomes a habit."

In order to arouse senior students' interest in PE lessons, Mr Wong has introduced several new activities. Among them, ballroom dancing is the most popular. "To start with, I taught them only the simple dances, like cha-cha-cha and jive, so that the boys and girls could be introduced to the ballroom dance position, the turnings etc. After a few lessons, I would get my students to form small groups and choreograph a dance for assessment.



Dancing with fun

The amount of effort they put in choreography and practising was astonishing. I particularly appreciated their improved collaboration skills, which ultimately would enhance relationships even if the performances were just satisfactory. Furthermore, to sustain their interest in dancing and to promote dancing as a life-long sport, I made arrangement for several groups to perform during school assemblies, special school functions and post-examination activities. Their performances were well-received. Through dancing, students have learned more about social etiquette and developed a stronger appreciation of the aesthetic."

Teacher's Sharing

My vision of teaching PE

Through a well-balanced school-based PE curriculum, my students could enjoy the fun of exercise, participate in many different sports and acquire an active and healthy lifestyle.

A comprehensive and balanced PE curriculum

With reference to the PE Syllabus (1995) and the Safety Precaution in PE for HK Schools (2002), our PE Curriculum comprises both core and selected activities which can cope with learners' diversity. Core activities include swimming, athletics, fitness training and sports theories while selected activities include basketball, football, volleyball, handball, badminton, social dance, group dance and tennis etc. Each student can learn at least 5 activities in their whole secondary school life. Furthermore, students are encouraged to extend their learning experiences by taking part in extra-curricular activities. We have more than 35 school teams and sports clubs in various activities in which students can enjoy the fun of sports and refine their skills after PE lessons. A variety of sports competitions, such as those on basketball, volleyball and football are held annually. Although our school has only been operated for 28 years, we have already held 24 swimming galas and 27 athletics meets and their respective participation rates are about 30% and 90%, which are considered very satisfactory. Not only have these competitions helped students experience the fun of exercise, they also provided students good opportunities to develop their sportsmanship and positive attitude, as well as to learn to cooperate and serve others.

I have set up a school PE website

(<http://skawong.webhop.org>) to extend students' learning, so that they can learn PE related theories and browse sports news and school activities. Students generally find the website interesting and resourceful.

Tailored-made Programme for Senior Students

Senior students have less interest in taking PE lessons and feel bored in playing those traditional activities. To overcome the barrier, I have introduced social dances like, Cha Cha, Slow Waltz, Rock & Roll and group dance such as 18-Step, which has proved to be effective in arousing students' motivation to learn. Most of the senior students are beginners in dancing but they are very enthusiastic in dancing and performing. In addition, I uploaded video clips of other students' performances onto the web to stimulate them to do better. Furthermore, students with good performance are arranged to perform in school assemblies, special school functions or post-examination days to enrich their experience, broaden their horizons and develop their life-long activities.

Conducting Researches

I have strong interest in conducting researches and several of them have been carried out in my school. For instance, I compared my students' physical fitness with those of other children in Hong Kong using the data published by Hong Kong Childhealth Foundation in 2000. The result revealed that my students had good muscular strength and endurance, reasonable flexibility and body composition, but weak in cardiovascular function. I immediately discussed with my colleagues and did a quick review

of the PE curriculum. Subsequently, a distance running programme was launched to enhance their cardiovascular ability. Students were requested to take part in long distance running exercise during PE lessons for about 5 times a year. The programme proved to be effective when I noticed my students showed greater awareness on this matter. Another two are also worthy to be highlighted. I worked with professors from CUHK, China and other overseas tertiary institutes on 'The effects of 6-week rope skipping exercise on physiological responses in school children', and 'Effects of load carriage on heart rate, blood pressure and energy expenditure in children'. The knowledge and experience gained from these researches enriched my professional competence which gradually enhanced my teaching in PE.

Developing CAPS in Organising School Sporting Events

Apart from setting up our own website, I also use IT in organising athletic meets and swimming galas. To overcome the difficulties encountered when running these big events in our old teaching days, I endeavored to develop new methods using IT to solve the problems. With the collaboration of an external IT professional, I have developed a software called Computer-assisted Processing System (CAPS) which can generate an event programme, record sheets and lane allocation. Even more, on the event days, it could be used to process competition results, calculate scores and generate overall positions and so forth. The copyright of it was given to the EDB in 2007 for introducing to other schools. We were also invited by EDB

Summary of Assessment

Applied IT in teaching and organising sports events thereby enhancing students' learning and contributing to the profession.

to introduce this software at several Professional Development Programmes to fellow PE teachers in order to encourage them to apply IT in organizing school sporting events, which also includes Games Day and conducting fitness tests. This system has been well-received by PE teachers since then.

Reflection

I really appreciate our effort paid to strike the balance between study and sports such that students can make steady progress both academically and physically.



Good use of public sports facilities

Way of Access to Information of the above Teaching Practice

Please contact Mr Wong Shun Ki, Aaron for further information.

Preferred Way of Dissemination

Seminar and workshop

Contact

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Mr Wong has a clear vision in teaching PE, i.e. to inspire his students enjoy the fun of exercise, to participate in different sports, and to develop an active and healthy lifestyle. He kept abreast of the latest development in physical education and the new trends in sports. He developed the school-based curriculum, which coped with students with different interests. This comprehensive and balanced curriculum has core and selective activities and is accompanied with a criterion referencing assessment. In addition, extra-curricular activities and competitions were organized with an amazingly high participating rate. It was noticed that participation generates interest, nurtures sportsmanship, cooperation and a spirit of service which his students have attained.

As he noticed the senior students have less interest in playing team games, he ingeniously introduced social dance and group dance to them, which proved to be effective in arousing their motivation in PE lessons. Through these dance lessons, students got chances to acquire new skills, develop social behaviour and build up confidence, self-image and positive attitude. Other than promoting dancing, he always used IT in his teaching, e.g. uploaded teaching aids, like videos and music, to the school intranet for students to search; set up an interesting and resourceful PE website for students to fetch useful information, like school-based PE theory and sports activities; developed a software to facilitate big events' organisational and operational efficiency, etc. The software is now highly appreciated and frequently used by PE colleagues. He was also keen in taking up school-based researches. One of the researches showed that his students were weak in cardiovascular function. He proactively launched a programme in which students were requested to take long distance running in PE lessons about 5 times a year. After a period of time, students were found to pay special attention to their health and did maintain good fitness.

Simultaneously, they became high achievers in the Student Physical Fitness Award Scheme with at least 95% of his students got bronze or higher medals. Last year, they got a total of 1,184 medals and became the second runner-up in the School Achievement Award.

Mr Wong has proven to be passionate in teaching PE and a role-model for novice teachers. He was often invited to talk and share experience in various Professional Development Programmes organized by the EDB. He is a current member of the PE Textbook Review Panel (Secondary School) of EDB. He also acted as a setter of HKCEE Physical Education from 1998 to 2006 and a marker of the same in 2006 and 2007. His educational vision and enthusiasm also made him an active and vital member of many organizations in the sport sector.