

Physical Education Key Learning Area

Curriculum Framework of National Security Education (2025)

Introduction

This Curriculum Framework¹ illustrates in tabular form how learning in Physical Education KLA can be connected to related learning elements of national security education. To cater to students' abilities and learning needs, this Curriculum Framework is divided into four key learning stages, allowing students to learn progressively and facilitating schools in planning the learning content of national security education. Schools should integrate national security education into the curriculum planning and learning and teaching of this Key Learning Area through “organic integration”, “natural connection”, “diversified strategies”, “mutual coordination”, “learning within and beyond the classroom” and “whole-school participation”. In addition, schools should also refer to the *Curriculum Framework of National Security Education in Hong Kong (2025)* and other relevant curriculum documents to implement national security education more effectively.

1. Overall Teaching Foci

1.1 The Physical Education Key Learning Area consists of General PE (Primary 1-Secondary 6) and Senior Secondary PE Elective (Secondary 4-6) that aims to develop students' motor and sports skills, impart relevant knowledge of movement and cultivate positive values and attitudes for development of a habit of regular exercise. Teachers can refer to the examples provided in this framework and organically integrate national security education elements into the PE curriculum in appropriate topics to align with the

¹ The content of this framework is set out in the form of examples. Schools should adopt or adapt the relevant suggestions based on students' learning needs and abilities.

curriculum aims to help students “promote desirable moral behaviour, co-operation in communal life”, and “become responsible citizens who contribute to the building of an active and healthy community”.

- 1.2 Through participation in traditional Chinese sports, such as Chinese dance and wushu, students can learn about and inherit Chinese culture, thereby enhancing their sense of national identity and cultural confidence.
- 1.3 Students are encouraged to maintain their participation in physical activities to strengthen their physical fitness, understand their rights and obligations when participating in physical activities and become responsible citizens.
- 1.4 Teachers can help students understand the national sports development and strengthen their understanding of our country by adapting the learning objectives and content of different strands. By supporting the performance of national team athletes in various sports, students’ sense of national pride can be cultivated.

2. Learning Foci

Physical Education Key Learning Area [Key Stage 1 (Lower Primary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
<p>Knowledge of Movement</p> <ul style="list-style-type: none"> Fundamental Movement – Manipulative Skills: Shuttlecock kicking (Traditional Chinese Sports) 	<ul style="list-style-type: none"> By learning the movements and vocabulary related to shuttlecock kicking, students can understand the origin and historical records of the sport and appreciate that shuttlecock kicking is both a folk activity and a traditional Chinese sport. Shuttlecock evolved from the ancient game of “Cuju”. This allows students to learn about the long history of Chinese culture 	<ul style="list-style-type: none"> 1.3 Have a preliminary understanding of the profound and long-standing history of Chinese culture; and learn that it is the responsibility of all citizens to cherish and inherit Chinese culture, building cultural confidence 1.7 Learn about some major fields of national security covered by a holistic approach to national security Related major field of national security: Cultural Security

Physical Education Key Learning Area [Key Stage 1 (Lower Primary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
<p>Knowledge and Practice of Safety</p> <ul style="list-style-type: none"> Fundamental Movement – Manipulative Skills: Batting (Attitude towards participating in sports/competitions) 	<ul style="list-style-type: none"> By learning the swinging motions of batting, students can understand the importance of spatial awareness, appropriate force and be aware of their surroundings for safety Through experiential learning, students can understand the importance of personal safety and sports safety 	<ul style="list-style-type: none"> 1.8 Learn about personal safety, home safety, sports safety, traffic safety, etc., and some basic measures and responses to ensure safety, initially establishing an awareness of safety 1.7 Learn about some major fields of national security covered by a holistic approach to national security Related major field of national security: Cultural Security

Physical Education Key Learning Area [Key Stage 1 (Lower Primary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
<p>Sports-related Values and Attitudes</p> <ul style="list-style-type: none"> Fundamental Movement – Manipulative Skills: Confrontation game (Attitude towards participating in sports/competitions) 	<ul style="list-style-type: none"> Through sports games, students can learn about etiquette in sports/competitions and understand the importance of following teacher instructions and adhering to rules (e.g. PE lesson rules, game rules and competition rules) By participating in fair sports competition, students can develop respect for others, respect for referees' decisions to demonstrate sportsmanship 	<ul style="list-style-type: none"> 1.16 Have a preliminary understanding of the importance of national security (e.g. that national security is fundamental for safeguarding a living environment where people enjoy and thrive)

Physical Education Key Learning Area [Key Stage 2 (Upper Primary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
Knowledge of Movement <ul style="list-style-type: none"> Traditional Chinese sports 	<ul style="list-style-type: none"> By learning different Chinese folk dances (e.g., Han, Mongolian and Miao) and traditional Chinese sports (e.g. cuju, wushu and dragon and lion dance), students can understand their historical backgrounds and cultural characteristics. This allows students to learn and appreciate traditional Chinese sports and culture, thereby fostering a sense of heritage and a sense of national pride 	<ul style="list-style-type: none"> 2.2 Learn about and appreciate the fine traditional Chinese culture and traditional wisdom, building cultural confidence and an awareness of inheritance; and take pride in being Chinese Related major field of national security: Cultural Security
Sports-related Values and Attitudes <ul style="list-style-type: none"> Etiquette in sports/competition 	<ul style="list-style-type: none"> Through the raising of the national flag, and the playing and singing of the national anthem during school sports 	<ul style="list-style-type: none"> 2.18 Learn to respect the law and regulations of our country and Hong Kong; and uphold a law-

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Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
	events (e.g. sports day and swimming galas), students can learn etiquette and understand that abiding by relevant laws, respecting the national anthem and upholding its dignity are fundamental responsibilities as Chinese citizens	abiding attitude and behaviour in daily life
Sports-related Values and Attitudes <ul style="list-style-type: none"> Attitude towards participating in sports/competitions 	<ul style="list-style-type: none"> By participating in games or competitions during PE lessons, students can learn to follow teacher’s instructions and adhere to rules (e.g. PE lesson rules, game rules and competition rules). Students can understand the importance of adhering to the rules for athletes’ safety and smooth 	<ul style="list-style-type: none"> 2.18 Learn to respect the law and regulations of our country and Hong Kong; and uphold a law-abiding attitude and behaviour in daily life 2.7 Have a further understanding of the different major fields of

Physical Education Key Learning Area [Key Stage 2 (Upper Primary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
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	<p>running of competitions. This fosters respect for others, respect for referees' decisions and demonstrate sportsmanship. Similarly, it draws a parallel to the importance by laws in a nation, and abiding by laws is a fundamental responsibility of citizens in safeguarding national security</p>	<p>national security covered in the holistic approach to national security; and learn that national security covers a wide range of fields</p> <ul style="list-style-type: none"> • Related major field of national security: Societal Security

Physical Education Key Learning Area [Key Stage 3 (Junior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
<p>Knowledge of Movement and Sports-related Values and Attitudes</p> <ul style="list-style-type: none"> Olympic Games 	<ul style="list-style-type: none"> By learning about major multi-sport events (e.g. the Olympics and Asian Games hosted by our country), students can understand the national sports development and the comprehensive national strength showcased in these events, thereby fostering a sense of national identity and a sense of pride By appreciating the outstanding performances of national team athletes in various sports, students cultivate a sense of national identity and a sense of pride 	<ul style="list-style-type: none"> 3.5 Learn about our country's development and achievements in areas such as the economy, national defence, society, culture, science and technology, healthcare, transportation infrastructure, ecological conservation, bioengineering, aerospace, thereby enhancing our national pride Related major field of national security: Cultural Security

Physical Education Key Learning Area [Key Stage 3 (Junior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
Knowledge of Movement and Sports-related Values and Attitudes <ul style="list-style-type: none"> Sports development in China 	<ul style="list-style-type: none"> By appreciating the perseverance, positivity, and diligence of national team athletes, students are encouraged to cultivate the excellent traditional Chinese cultural values and build cultural confidence Through studying traditional Chinese sports and understanding their historical background, development and cultural characteristics, such as the development of ancient football, students can gain a deeper understanding of traditional Chinese sports. This promotes the 	<ul style="list-style-type: none"> 3.2 Learn about the inheritance and development of our country's excellent traditional culture across various dimensions (e.g. tangible, institutional and spiritual), thereby strengthening cultural confidence Related major field of national security: Cultural Security

Physical Education Key Learning Area [Key Stage 3 (Junior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
	inheritance of our cultural heritage and enhance students' cultural confidence	
Sports-related Values and Attitudes <ul style="list-style-type: none"> Participation in international sports events 	<ul style="list-style-type: none"> Guiding students to understand that under the principle of “One Country, Two Systems” and the provisions of the Basic Law, non-governmental sports organisations in the Hong Kong Special Administrative Region can maintain and develop relations with relevant groups and organisations in various countries, regions and the international community. Such groups and organisations may use 	<ul style="list-style-type: none"> 3.17 Learn how the Constitution, the Hong Kong Basic Law, the HKNSL and the SNSO protect the rights of Hong Kong residents and regulate the obligations they need to fulfil Related major field of national security: Political Security

Physical Education Key Learning Area [Key Stage 3 (Junior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
	the name “Hong Kong, China” as needed to participate in relevant events	

Physical Education Key Learning Area [Key Stage 4 (Senior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
<p>Knowledge of Movement and Sports-related Values and Attitudes</p> <ul style="list-style-type: none"> Sports development in China 	<ul style="list-style-type: none"> By introducing the National Fitness Programme and the quadrennial National Games, students can understand the history of national sports development and the unique characteristics of sports culture in Chinese Mainland and Hong Kong 	<ul style="list-style-type: none"> 4.2 Have a deeper understanding of the important historical events of our country, political changes, deeds of important figures, overview of national development, social and cultural outlook and external exchanges, thereby fostering patriotic sentiments 4.3 Learn and recognise that safeguarding cultural security is a fundamental basis for maintaining national and ethnic unity, and national stability; and that equality and mutual learning among the

Physical Education Key Learning Area [Key Stage 4 (Senior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
		<p>cultures of different nations should be promoted</p> <ul style="list-style-type: none"> • Related major field of national security: Cultural Security
<p>Knowledge of Movement and Sports-related Values and Attitudes</p> <ul style="list-style-type: none"> • Olympic Games 	<ul style="list-style-type: none"> • Understand the history of our country's participation in the Olympic Games and the remarkable achievements of its athletes, thereby fostering a sense of national identity and a sense of pride 	<ul style="list-style-type: none"> • 4.5 Further understand and care about the achievements of our country in various aspects (e.g. society, economy, national defence, environment, diplomacy,

Physical Education Key Learning Area [Key Stage 4 (Senior Secondary)]		Curriculum Framework of National Security Education in Hong Kong (2025)
Learning Areas (Examples)	Learning Elements (Examples)	Related Learning Elements / Major Fields of National Security (Examples)
	<ul style="list-style-type: none"> • Understand the impact of the country’s hosting of the Olympic Games on various aspects such as politics, economy and culture 	<p>technology, healthcare, transportation and infrastructure), and have pride in our country’s achievements</p> <ul style="list-style-type: none"> • Related major field of national security: Cultural Security

3. Suggested Learning and Teaching Activities (Examples) (Lower Primary to Senior Secondary)

The following are merely examples. Teachers can design appropriate activities based on the school context and subject characteristics to promote national security education.

✧ Classroom learning

- Incorporate traditional Chinese sports or related activities, such as shuttlecock, wushu, archery, broadcast gymnastics, dragon and lion dance, dance, diabolo, and Cuju, into the six strands of the Physical Education curriculum² as appropriate.
 - In primary schools, teachers first introduce students to the historical background and game rules of Cuju and Shuttlecock, helping them understand the origination of football in China. This helps them understand traditional Chinese sports and appreciate Chinese culture. Through experiencing Cuju in the PE lessons, students can experience the fun of Cuju and, with appropriate guidance from teachers, reflect on the importance of preserving its cultural heritage, thereby fostering a commitment to safeguarding cultural security, a sense of heritage and a sense of national pride.
 - In secondary schools, teachers can incorporate cross-curricular learning activities alongside artificial intelligence programmes to teach students Wushu routines. This allows them to experience the excellent traditional Chinese virtue of respecting teachers. Through cross-curricular reading, students can understand the historical development of Wushu and the traditional Chinese culture it carries, thereby fostering national awareness and a sense of national identity.
- Introduce to remarkable achievements of national sports development, such as hosting the Beijing Summer and Winter Olympic Game, the Hangzhou Asian Games and the National Games co-hosted by Guangdong, Hong Kong and Macao.

² The six strands of the Physical Education included “motor and sports skills”, “health and fitness”, “sports-related values and attitudes”, “knowledge and practice of safety”, “knowledge of movement” and “aesthetic sensitivity”.

- Deepen and broaden students’ understanding of national security in a spiral and progressive manner through life-wide learning activities across the cognitive, affective and behavioural domains.

✧ **Extended learning activities**

- Through project-based learning, students conduct study on the topic of “Sports and Chinese culture” and present their learning outcomes in various forms, such as reports and videos.
- Organise co-curricular physical activities related to Chinese culture, including training, competitions, and performances to reinforce students’ understanding, experience and appreciation of Chinese culture.
- Arrange students to watch the competitions in person or through live broadcasts during major sporting events (such as the Olympics Games, Asian Games and National Games). This allows them to witness athletes striving for national glory, thereby inspiring them with a sense of national pride and belonging to our country and foster a sense of national identity and national awareness.
- Provide students with reading on traditional Chinese sports or the national sports development. These materials help them understand and appreciate the excellent traditional Chinese culture and wisdom, thereby strengthening their understanding of our country. Following the readings, incorporate content related to national security to guide students in reflecting on these issues, thereby strengthening the connection to national security education.

Disclaimer:

- *In case of any discrepancy in the meaning of wording between the English text and the Chinese text, the Chinese text shall prevail.*