

**The Chinese University of Hong Kong**  
**Physical Education Unit**  
**Cancellation of 2019-20 Second Term Practical Examinations**

In view of the worsening risk of the spread of COVID-19, PEU decided to **CANCEL** all the P.E. practical examinations scheduled on 5, 6 December 2020 to safeguard the health of students. Students have to submit video and article for their P.E. course assessment **before 23:59:59 on 27 December 2020.**

Details of the video (40%) are as follows:

Student should submit a video with a total length of 3 to 5 minutes to summarize what you have learned in the course. The theme of the video is:

**Analyze and demonstrate the basic skill of the sports item according to the course content**

Student has to choose a basic skill for analysis and self-demonstration according to the course content. Video content can include the key points of posture and movement, their application to the game, the use of relevant physical fitness and the practice methods, etc.

\*\*\* Please upload the video to the default folder in the **Panopto Cloud** of the Blackboard **before 23:59:59 on 27 December 2020.** The file of the video has to be named as: Student's Name\_Student's ID No. (E.g: CHANTaiMan\_1155123444)

To avoid the network congestion, students should submit the video as soon as possible and plan at least an extra day for uploading the video. Otherwise, you may not finish the video submission on time. Besides, please try your best to reduce video size of the assignment. It is recommended that video resolution is not larger than 720p.

For detailed guidelines on uploading videos, please visit the following URL:

<http://www.peu.cuhk.edu.hk/images/content/other/PanoptoAssignmentSubmitForStudent.pdf>

Details of the reflection article (40%) are as follows:

Please write a reflection article (in no more than 800 words in Chinese or 500 words in English, punctuation is counted) **about the experience of the PE course you took in 19-20 second term**, which can include the experience during the lessons, what you have gained from the lessons, and / or the impact on your sports knowledge and exercise habits, etc.

\*\*\*Please submit your article via the following **VeriGuide Express** website **before 23:59:59 on 27 December 2020:**

<https://express.veriguide.org/cuhk/login>

The assessment rubrics of the video and article can be checked through the following link:

[http://www.peu.cuhk.edu.hk/images/content/other/PE-Article--Video-Assignment\\_19-20-Rubrics.pdf](http://www.peu.cuhk.edu.hk/images/content/other/PE-Article--Video-Assignment_19-20-Rubrics.pdf)