

Form 5 Course Outline 2022-2023

Month	Cycle	Topic	
9	C1 2-14	Introduction to the course and the concept of well-being	PH
	C2 15-24	冥想 Meditation	PH
	C3 27-6	Knowing oneself: Part 1 The type of person I really am.	SC
10	C4 7-18	Knowing oneself: Part 2: Memory Test & Rational Test	PH
	C5 19-28	Getting in touch with my feelings and emotion /DASS	SC
11	C6 29-10	The multiply IQ test: memory/rational	PH SO
	C7 11-19	A place called "Home"	PH FL
	C8 23-2	Sex Education	SO
12	C9 6-15	Sex Education	SO
	C10 16-21	*範疇六:了解如何構成《香港國安法》所規範的四項犯罪行為 並了解其他國家的類似規定	NL
		Christmas & Exam	
1	C11 24-14	Unit 5 Preparation for Speech presentation	All
		Chinese New Year	
2	C12 15-24	Speech presentation class no.1-6	All
	C13 28-8	Speech presentation class no.7-12	All
3	C14 9-18	Speech presentation class no.13-18	All
	C15 21-29	Speech presentation class no.19-24	All
	C16 30-19	Speech presentation class no.25-31	All
		Easter Holiday	
4	C17 20-28	Final Report (I)Of my future/DSE	SC
	C18 29-11	Final Report (II)Of my future/DSE	SC
5	C19 13-23	APASO	
5-Jun	C20 24-7	Evaluation	

個人成長及健康生活: PH

家庭生活: FL

學校生活: SC

社交生活: SO

社會及國家生活: NL

工作生活: WL

Assessment Policy

	First Term:		Final Term:
	Formative /Summative Assessment		Formative /Summative Assessment
F.5	Assignment + Performance in lesson	F.5	Speech Presentation and term end assessment + Performance in lesson