

HKTA Certification Programme – Assessment Content

(The requirement for higher level will be in higher standard)

香港網總證書計劃 – 測試內容

(測試難度會因更高級別而有所提升)



本計劃使用紫色網球進行測試,直徑為 16cm

Physical 體能

Body Control
身體協調

- Run in different directions
根據指示跑步至不同位置
- Body balance
身體平衡
- Hand-eye coordination
手眼協調

During play 網球技巧

Racket Awareness
球拍控制

- Racket control with body movement
於使用球拍時同時能配合身體移動

Ball Guiding & Striking
擊球技巧

- Holding the racket and guiding the ball in different directions with body movement
配合身體移動以球拍於地上運球
- Holding the racket and striking the ball in different direction
以球拍擊球到場區內之不同位置
- Being able to tap up the ball
接球能力

Net
網前擊球

- On the net be able to throw or contact the ball to the other side of the court
於網前使用手或球拍將網球拋/擊至對面場區

Social / Competitive 社交及心態

Values
價值觀

- Good attitude despite of not completing the task successfully
時常保持良好態度及體育精神
- Keeps trying the exercise and don't give up on the task
以不放棄的態度不斷嘗試
- Show positive attitude against any challenge
遇到挑戰仍以正面態度面對

Love the game
投入

- Engage in all games and activities
積極參與所有測試項目
- Have fun enjoying all stations and activities
保持愉快心情進行所有測試項目

Great athlete
態度

- Follow instructions and copy demonstrations
聆聽及跟隨教練指示完成測試項目
- Cooperate with others and take turns
與其他參加者合作
- Quickly collects balls for the coach
完成測試項目後,能盡快協助教練拾回網球