

JADUAL SPESIFIKASI UJIAN (JSU) PENDIDIKAN JASMANI DAN PENDIDIKAN KESIHATAN TAHUN 5

| KOMPONEN | | | STANDARD PEMBELAJARAN | NOMBOR SOALAN | BAHAGIAN A | | | | | | | | | | | | |
|-----------------------------|---|--|-----------------------|---------------|------------------------|-----------|--------|--------------|-----------|--------|--------------|-----------|--------|---------|-----------|--------|---|
| | | | | | KONSTRUK | | | | | | | | | | | | |
| | | | | | MENGINGAT DAN MEMAHAMI | | | MENGAPLIKASI | | | MENGANALISIS | | | MENILAI | | | |
| | | | | | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | TINGGI | |
| BIL | BIDANG | SUBBIDANG | | | | | | | | | | | | | | | |
| PENDIDIKAN JASMANI | | | | | | | | | | | | | | | | | |
| 1 | KEMAHIRAN | Gimnastik Asas | 1.1.2 | 1 | | 1 | | | | | | | | | | | |
| | | Pergerakan Berirama | 2.5.1 | 2 | 1 | | | | | | | | | | | | |
| | | Kemahiran Asas Permainan Kategori Serangan | 1.6.3 | 3 | | | | | | | | | | | | | 1 |
| | | Kemahiran Asas Permainan Kategori Jaring | | | | | | | | | | | | | | | |
| | | Kemahiran Asas Permainan Kategori Pukul dan Memadang | 1.8.1 | 4 | | | 2 | | | | | | | | | | |
| | | Olahraga Asas – Asas Berlari | 1.9.1 | 5 | | | | | | | 2 | | | | | | |
| | | Olahraga Asas – Asas Lompatan | 2.10.1 | 6 | | | | | | | | | | | 3 | | |
| | | Olahraga Asas – Asas Balingan | 1.11.1 | 7 | 3 | | | | | | | | | | | | |
| | | Akuatik Asas | 2.12.2 | 8 | | | | | | | 4 | | | | | | |
| | | Rekreasi dan Kesenggangan | 2.14.1 | 9 | 4 | | | | | | | | | | | | |
| 2 | KECERGASAN | Konsep Kecergasan | 4.1.2 | 10 | | | 5 | | | | | | | | | | |
| | | Kecergasan Fizikal Berdasarkan Kesihatan | 4.3.2 | 11 | 6 | | | | | | | | | | | | |
| PENDIDIKAN KESIHATAN | | | | | | | | | | | | | | | | | |
| 3 | PENDIDIKAN KESIHATAN REPRODUKTIF DAN SOSIAL (PEERS) | 1.0 Kesihatan Diri dan Reproduktif | 1.1.1 | 12 | 7 | | | | | | | | | | | | |
| | | 2.0 Penyalahgunaan Bahan | 2.1.3 | 13 | | | | | | | | 2 | | | | | |
| | | 3.0 Pengurusan Mental dan Emosi | 3.1.1 | 14 | 8 | | | | | | | | | | | | |
| | | 4.0 Kekeluargaan | 4.1.2 | 15 | | | | | | | | | 3 | | | | |
| | | 5.0 Perhubungan | 5.1.1 | 16 | | | | | | | 5 | | | | | | |
| | | 6.0 Penyakit | 6.1.1 | 17 | | | | | | | 6 | | | | | | |
| | | 7.0 Keselamatan | 7.1.1 | 18 | | | 4 | | | | | | | | | | |
| 4 | PEMAKANAN | 8.0 Pemakanan | 8.1.1 | 19 | 9 | | | | | | | | | | | | |
| 5 | PERTOLONGAN CEMAS | 9.0 Pertolongan Cemas | 9.1.2 | 20 | | | | 10 | | | | | | | | | |

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|-----------------------|-----------------------|--|--------------|--|--|--------------|--|--|--------------|--|---------|--|--|--------------|--|--------------|--|
| Markah | 20 | | | | | | | | | | | | | | | | |
| Nisbah Aras Soalan | 5 | | | | | 3 | | | | | 2 | | | | | | |
| Aras Soalan | Rendah | | | | | Sederhana | | | | | Tinggi | | | | | | |
| | Meningat dan Memahami | | Mengaplikasi | | | Mengaplikasi | | | Menganalisis | | Menilai | | | Mengaplikasi | | Menganalisis | |
| Jumlah Soalan Wajaran | 10 | | | | | 6 | | | | | 4 | | | | | | |

| KOMPONEN | | | STANDARD PEMBELAJARAN | NOMBOR SOALAN | BAHAGIAN B | | | | | | | | | | | MARKAH |
|----------------------|---|--|-----------------------|---------------|-----------------------|-----------|--------|--------------|-----------|--------|--------------|-----------|--------|---------|-----------|--------|
| | | | | | KONSTRUK | | | | | | | | | | | |
| | | | | | MENINGAT DAN MEMAHAMI | | | MENGAPLIKASI | | | MENGANALISIS | | | MENILAI | | |
| | | | | | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | TINGGI | RENDAH | SEDERHANA | |
| BIL | BIDANG | SUBBIDANG | | | | | | | | | | | | | | |
| PENDIDIKAN JASMANI | | | | | | | | | | | | | | | | |
| 1 | KEMAHIRAN | Gimnastik Asas | | | | | | | | | | | | | 5 | |
| | | Pergerakan Berirama | 2.5.1 | 1 (a) | 1 | | | | | | | | | | | |
| | | Kemahiran Asas Permainan Kategori Serangan | | | | | | | | | | | | | | |
| | | Kemahiran Asas Permainan Kategori Jaring | | | | | | | | | | | | | | |
| | | Kemahiran Asas Permainan Kategori Pukul dan Memadang | | | | | | | | | | | | | | |
| | | Olahraga Asas – Asas Berlari | | | | | | | | | | | | | | |
| | | Olahraga Asas – Asas Lompatan | | | | | | | | | | | | | | |
| | | Olahraga Asas – Asas Balingan | | | | | | | | | | | | | | |
| | | Akuatik Asas | | | | | | | | | | | | | | |
| | | Rekreasi dan Kesenggangan | 2.14.1 | 1 (b) | 1 | | | | | | | | | | 5 | |
| 2 | KECERGASAN | Konsep Kecergasan | | | | | | | | | | | | | | |
| | | Kecergasan Fizikal Berdasarkan Kesihatan | 3.6.1 | 2 (a) | | | | | | 1 | | | | | 4 | |
| PENDIDIKAN KESIHATAN | | | | | | | | | | | | | | | | |
| 3 | PENDIDIKAN KESIHATAN REPRODUKTIF DAN SOSIAL (PEERS) | 1.0 Kesihatan Diri dan Reproduktif | 1.1.1 | 2 (b) | | | | | | 1 | | | | | 6 | |
| | | 2.0 Penyalahgunaan Bahan | | | | | | | | | | | | | | |
| | | 3.0 Pengurusan Mental dan Emosi | | | | | | | | | | | | | | |
| | | 4.0 Kekeluargaan | | | | | | | | | | | | | | |
| | | 5.0 Perhubungan | | | | | | | | | | | | | | |
| | | 6.0 Penyakit | 6.1.1 | 3 (a) | | | | | | | | | 1 | | 4 | |
| | | 7.0 Keselamatan | | | | | | | | | | | | | | |
| 4 | PEMAKANAN | 8.0 Pemakanan | | | | | | | | | | | | | | |
| 5 | PERTOLONGAN CEMAS | 9.0 Pertolongan Cemas | 9.1.1 | 3 (b) | | | | | | | | | 1 | | 6 | |

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|-----------------------|------------------------|--------------|--|--------------|--------------|---------|--------------|--------------|---------|--|--|--|
| Markah | 30 | | | | | | | | | | | |
| Nisbah Aras Soalan | 1 | | | 1 | | | 1 | | | | | |
| Aras Soalan | Rendah | | | Sederhana | | | Tinggi | | | | | |
| | Mengingat dan Memahami | Mengaplikasi | | Mengaplikasi | Menganalisis | Menilai | Mengaplikasi | Menganalisis | Menilai | | | |
| Jumlah Soalan Wajaran | 1 | | | 1 | | | 1 | | | | | |