

## Dominican International School Kaohsiung



### Course Syllabus 2023 - 2024

Subject: Physical Education  
Teacher: Mr. Edmundo Horna

Grade: 1  
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#### **Course Description:**

The activities and topics in this Health and Physical Education program enable young learners to develop their basic motor skills, knowledge, and most importantly, their attitudes necessary to lead an active, Healthy lifestyle. The Physical Education component is aimed towards fostering a love for physical activity that will result in a lifetime of participation in sports and recreation activities. Likewise, the Health Education component will develop the students' Health literacy which will assist them to make healthy choices and build their appreciation for a healthy lifestyle. The course includes a wide variety of activities such as dancing, basic gymnastics, calisthenics, and basic sports skills. There is also an emphasis on developing values like sportsmanship, perseverance, and fair play.

#### **Course objectives:**

1. To foster in children a love of physical activity and play.
2. To develop coordination, balance, agility, alertness, and control through movement.
3. Students will understand concepts related to Health promotion and disease prevention
4. Demonstrate the ability to understand and use valid Health information
5. Students will identify, analyze and evaluate movement concepts in a variety of activities
6. Understand and develop personal fitness
7. To develop a sense of fair play and cooperation in children and the ability to work in groups
8. To provide opportunities for integration of P.E. with Health and other disciplines.

#### **Textbooks:**

Harcourt, Brace & Company, **YOUR HEALTH**, Gr.2

#### **Class Materials Required:**

A4 lined notebook

Display folder

### **Classroom Expectations:**

- Be on time and prepared for every class.
- Homework must be completed and handed in on time.
- Make sure you bring all materials you will need for the class. (pencil case, folder)
- Respect everyone and everything around you.
- Speak kindly to everyone.
- Be helpful and responsible.
- Take care of classroom and school property.

### **Assessment:**

- 30% Class Participation & Seatwork, Homework
- 30% Minor Projects, Portfolio, Unit Tests & Major Projects
- 30% Quarter Exam/Assessment
- 10% Department

### **Health and physical education: Quarter One - Pacing Guide**

<b>Week</b>	<b>PE content</b>	<b>Health content</b>
Week 1	Psychomotor skills Assessment Safety rules	Introduction to the class, rules, procedures The Human Body: eyes and ears
Week 2	Fitness testing	The Human Body: skeletal system How to maintain a healthy system
Week 3	Motor skills games	The Human Body: digestive system How to maintain a healthy system
Week 4	Motor skills games Participating in physical activity at school	The Human Body: circulatory system How to maintain a healthy system
Week 5	Motor skills games Strengthening heart	The Human Body: respiratory system How to maintain a healthy system
Week 6	Motor skills games Strengthening exercises	The Human Body: muscular system How to maintain a healthy system
Week 7	Review movement concepts and theory	Confucius day
Week 8	PE Exams and Retesting - Grades Due	Health Exams and Retesting - Grades Due
Week 9	Motor skills games	Review Health Theory

## **Quarter Two - Pacing Guide**

<b>Week</b>	<b>PE content</b>	<b>Health content</b>
Week 10	Fitness testing Set physical goals	Families and friends keep us safe and healthy
Week 11	Physiological signs of physical activity	Feelings, causes, and effects, positive and negative
Week 12	Physiological signs of physical activity	Responding to feelings, family rules, and physical, social, and emotional health.
Week 13	Basketball intro, rules, and dribbling Breakdown of skill movements	Asking for things politely at home and school. Effect of feelings and encouragement
Week 14	Basketball passing Design appropriate practice game	Politely expressing needs, wants, and feelings.
Week 15	Basketball shooting Moderate and vigorous activity	Linking Physical, social, and emotional health
Week 16	Badminton intro, rules, underhand shots Muscular strength and endurance	Review Health Theory
Week 17	PE Exams and Retesting - Grades Due	Health Exams and Retesting - Grades Due
Week 18	Badminton overhead shots Skill competence and enjoyment	Healthy behaviors at school, how can school help us be healthy?
Week 19	Badminton tournament	Classroom and school rules that keep us safe

### **Quarter Three - Pacing Guide**

<b>DATE</b>	<b>PE content</b>	<b>Health content</b>
Week 20	Fitness testing Set physical goals	What to eat and how does my body use food?
Week 21	Motor skills games Opportunities for involvement in physical activities after the school day	Healthy lunch and shopping for food
Week 22	Motor skills games Opportunities for involvement in physical activities over seasons	Making food decisions
Week 23	Motor skills games Identify healthful benefits that result from regular participation in physical activity	What is an illness and communication
Week 24	Combined rolls and balance Discuss the components of health-related physical fitness	Spreading and prevention of illness
Week 25	Athletics running Identify why sustained physical activity causes an increased heart rate and heavy breathing	How can I stay well?
Week 26	Review of movement concepts	Review Health Theory
Week 27	PE Exams and Retesting - Grades Due	Health Exams and Retesting - Grades Due
Week 28	Athletics jumping Identify ways to cooperate with others	Food diary project
Week 29	Athletics carnival Describe the personal feelings resulting from challenges, successes and failures in physical activity	Food diary project

### **Quarter Four - Pacing Guide**

<b>DATE</b>	<b>PE content</b>	<b>Health content</b>
Week 29	Fitness testing Set physical goals	What are medicines and how to use them safely
Week 30	Motor skills games	What are drugs and how they can affect me.
Week 31	Motor skills games How can we position ourselves?	Saying no to drugs
Week 32	Volleyball introduction Identify ways to successfully resolve conflicts with others	Staying safe at school
Week 33	Volleyball serving Identify ways to use physical activity to express feelings	Staying safe outdoors
Week 34	Motor skills games	Resolving conflicts safely
Week 35	Review of movement concepts and theory	Review Health Theory
Week 36	PE Exams and Retesting - Grades Due	Health Exams and Retesting - Grades Due
Week 37	Volleyball carnival	What to do if I get hurt? Seeking help from professionals