

## Dominican International School Kaohsiung



### Course Syllabus 2023 - 2024

Subject: Physical Education  
Teacher: Mr. Edmundo Horna

Grade: Kindergarten  
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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.

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

Water bottle

#### **Classroom Expectations:**

- Be on time and prepared for every class.
- Respect everyone and everything around you.
- Speak kindly to everyone.
- Be helpful and responsible.
- Take care of classroom and school property.

**Assessment:**

- 60% Class Participation & Seatwork, Homework
- 40% Department

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

<b>Week</b>	<b>PE content</b>
Week 1	Psychomotor skills Assessment Safety rules
Week 2	Fitness testing
Week 3	Motor skills games
Week 4	Motor skills games Participating in physical activity at school
Week 5	Motor skills games Strengthening heart
Week 6	Motor skills games Strengthening exercises
Week 7	Review movement concepts and theory
Week 8	PE Exams and Retesting - Grades Due
Week 9	Motor skills games

**Quarter Two - Pacing Guide**

<b>Week</b>	<b>PE content</b>
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Week 10	Fitness testing Set physical goals
Week 11	Physiological signs of physical activity
Week 12	Physiological signs of physical activity
Week 13	Basketball intro, rules and dribbling Breakdown of skill movements
Week 14	Basketball passing Design appropriate practice game
Week 15	Basketball shooting Moderate and vigorous activity
Week 16	Badminton intro, rules, underhand shots Muscular strength and endurance
Week 17	PE Exams and Retesting - Grades Due
Week 18	Badminton overhead shots Skill competence and enjoyment
Week 19	Badminton tournament

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

<b>DATE</b>	<b>PE content</b>
Week 20	Fitness testing

	Set physical goals
Week 21	Motor skills games Opportunities for involvement in physical activities after the school day
Week 22	Motor skills games Opportunities for involvement in physical activities over seasons
Week 23	Motor skills games Identify healthful benefits that result from regular participation in physical activity
Week 24	Combined rolls and balance Discuss the components of health-related physical fitness
Week 25	Athletics running Identify why sustained physical activity causes an increased heart rate and heavy breathing
Week 26	Review of movement concepts
Week 27	PE Exams and Retesting - Grades Due
Week 28	Athletics jumping Identify ways to cooperate with others
Week 29	Athletics carnival Describe the personal feelings resulting from challenges, successes and failures in physical activity

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

<b>DATE</b>	<b>PE content</b>
Week 29	Fitness testing

	Set physical goals
Week 30	Motor skills games
Week 31	Motor skills games How can we position ourselves?
Week 32	Volleyball introduction Identify ways to successfully resolve conflicts with others
Week 33	Volleyball serving Identify ways to use physical activity to express feeling
Week 34	Motor skills games
Week 35	Review of movement concepts and theory
Week 36	PE Exams and Retesting - Grades Due
Week 37	Volleyball carnival