

Dominican International School-Kaohsiung

SUBJECT: Physical Education

GRADE LEVEL: Grade 3-11

SCHOOL YEAR: 2023-2024

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The DISK Physical Education program will follow the SHAPE America's National Standards & Grade-Level Outcomes for K-12 Physical Education define what a student should know and be able to do as a results of a highly effective education program. States and native school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

COURSE DESCRIPTION:

The activities and topics within the education program enable young basic learners to develop their basic and movement skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like dancing, basic gymnastics, calisthenics, and Introduction to basic sports skills. In addition, emphasis on developing values like sportsmanship, perseverance and fair play are incorporated to every activity.

COURSE OBJECTIVES:

1. To foster in children a love of physical activity and play.
2. To instill a need for physical fitness in each child.
3. To develop coordination, balance, agility, alertness and control through movement.
4. To provide opportunities for increased responsibility in planning, organizing, and leadership.
5. To learn as much skills, games and dance experience as possible.
6. To encourage opportunities for children to belong to a group in which each child is accepted.
7. To provide experiences which will develop initiative, self-reliance, self-worth, loyalty, honesty, kindness to others and a love of learning
8. To create a sense of fair play and co-operation in children and the ability to working in groups, leading to increased cultural understanding
9. To provide opportunities for integration of P.E. with other subject areas: language arts, math, social studies, science, health, music and art.

ASSESSMENT:

- Homework, seatwork and projects
 - Uniform
 - Daily Attendance
- Quizzes/ Performance in class
 - Daily effort in participating sports and exercise activities
 - Individual skills in sports and exercise
- Quarter Exam (Practical/Written)
- Department Grade

Other assessment: correcting their forms and technique by individual/ group

ADDITIONAL INFORMATION:

Formats for proper exercise

The following steps are the proper sequence based on Anatomy of Workouts base from the book of Successful of Coaching to avoid overtraining and injury.

1. Warm-up
2. Fitness/ Sports activity
3. Cool down

Grading Assessment

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
 - 1.1 Uniform
 - 1.2 Daily Attendance
2. Quizzes/Performance in Class (30 %)
 - 2.1 Daily effort in participating sports and exercise activities
 - 2.2 Individual skills in sports and exercise
 - 2.3 Group skills in sports and exercise
3. Quarter Exam (Practical/Written) (30 %)
4. Department Grade (10 %)

Other Assessment: correcting their forms and technique by individual/group

Indoor Court Instruction/ Rules and Regulations

1. No teachers/coaches, No using of gym
2. No wet mop
3. No chairs without carpet

4. No drinks and food inside (water bottle must be placed at the designated place)
5. No roller skates and skateboarding
6. No sharp items and high heels
7. No water retention
8. Indoor courts are strictly for Basketball/Volleyball/Badminton only.
9. All Bags will be in the dressing room (bring your things after your P.E class
10. To keep the gym safe and cleaned up, you should store the equipment you have used properly.

Outdoor Court and Soccer Field Rules and Regulation

1. Only authorized personnel, P.E. Teachers/Coaches and are allowed to open the P.E equipment room.
2. Food and beverages are to be kept at the tables.
3. Activities are monitored by security cameras.
4. Respect the rights of others to use their own space. Avoid fighting, wrestling, shoving, and games that may cause injury to others.
5. Play with SAFETY in mind at all times.
6. No flips and somersaults anywhere in the field.
7. Teachers must remain in visual contact with their children at all times.
8. No climbing up at the basketball poles.
9. Guests, teachers and students are required to clean their areas before leaving.
10. Be responsible in returning the equipment that you have borrowed from the store room.

Guidelines for working with groups

- Respect everyone's feelings
- Use each other's' strengths, not weaknesses
- Give regeneration when someone does something well
- Compete to enhance your group, not necessarily against other groups
- Safety first
- Anticipate unsafe situations
- Try everyone's suggestions then formulate/try what is going to best suit your group.

Attendance

Students are expected to meet at the designated area, no later than 5 minutes after the bell. If they are later than 5 minutes, the student will be marked as tardy. Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes

Students with any type of health-related issue must notify the school nurse, and their PE teacher.

Excuses

1. If a student is not to participate in class due to illness/injury, she/he is to bring a note from parent/guardian/nurse
2. If a student is present at school, but not feeling well, they must see the nurse, and, at the discretion of the PE Teacher, complete a sports/health related assignment in the library
3. If a student is to be excused for more than 3 consecutive days, a doctor's note is required (see handbook,) and, at the discretion of the PE Teacher, complete a sports/health related assignment.
4. If a student is to be limited in participation, a doctor's note is required

Teaching Strategies

The teaching strategies depend on student learning styles and behavior in class. The teacher uses the google classroom for posting homework, advance announcement, PowerPoint presentation, health articles, sports and fitness related videos.

Academic Dishonesty means employing a method or technique or engaging in conduct in an academic endeavor that contravenes the standards of ethical integrity expected at DIS. Academic dishonesty includes but is not limited to, the following:

1. Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
1. Representing another's intellectual work such as photographs, paintings, drawings, sculpture, or research or the like as one's own, including failure to attribute content to an AI.
2. Employing a tutor, making use of Artificial Intelligence without acknowledgement, getting a parent to write a paper or do an assignment, paying for an essay to be written by someone else and presented as the student's own work.
3. Committing any act that a reasonable person would conclude, when informed of the evidence, to be a dishonest means of obtaining or attempting to obtain credit for academic work.

Any act of academic dishonesty will result in an automatic zero on the entire assignment

FIRST - FOURTH QUARTER TENTATIVE WEEKLY SCHEDULE

WEEK/ DATE	TOPICS/LESSONS
	(NB: Depending on resources, time, weather and interest, the teacher may add and choose from the menu of sports and activities below.)
<i>Menu of Sports and Activities</i>	<ol style="list-style-type: none"> 1. Team Sports, Individual and Dual Events, Fitness and Recreational Activities 2. Basketball 3. Football/Soccer 4. Volleyball 5. Batted Balls (Baseball and Softball) 6. Combative Sports (Taekwondo, Wushu, Pencak-Silat, Arnis, Judo, Karate, Boxing, etc.) 7. Racket Games (Badminton, Tennis, Pickle ball) 8. Handball 9. Gymnastics 10. Athletics 11. Fitness and Recreational Activities (Dance, Outdoor/Indoor Activities, Exercises & Workout) 12. Dodgeball
Week 1	<ol style="list-style-type: none"> I. Class Orientation <ol style="list-style-type: none"> a. Getting Know b. Class Rules <ol style="list-style-type: none"> i. Attendance & Tardiness ii. Submission of Work iii. Portfolio iv. Disciplinary Actions c. Grading System • Introductory activities • Do and Don'ts • Reminders for Gym and field rules • Physical Fitness Test (Pre-test)
Week 2	<ul style="list-style-type: none"> • Introduction to the Sport/Activity Chosen <ul style="list-style-type: none"> - Short history, equipment presentation and familiarization, basic rules and regulations - Basic Skills in Sport/Activity Chosen activities - With the use of the cone drills and other equipment
Week 3	Basic Skills in Sport/Activity Chosen activities <ul style="list-style-type: none"> - With the use of the cone drills and other equipment
Week 4	Basic Skills in Sport/Activity Chosen activities <ul style="list-style-type: none"> - With the use of the cone drills and other equipment
Week 5	Basic Skills in Sport/Activity Chosen activities <ul style="list-style-type: none"> - With the use of the cone drills and other equipment
Week 6	Application of the basic skills learned in a real game <ul style="list-style-type: none"> - Group and or Small-sided games
Week 7	Application of the basic skills learned in a real game <ul style="list-style-type: none"> - Group and or Small-sided games
Week 8	Application of the basic skills learned in a real game <ul style="list-style-type: none"> - Group and or Small-sided games
Week 9	Quarter Exam Major Subject