



SUBJECT: Physical Education

GRADE LEVEL: Grade 1

TEACHER: Emily Lacangan

SCHOOL YEAR: 2023-2024

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The DIS 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.

PRIMARY TEXTBOOK & OTHER RESOURCES:

- Holt/Hale, S. and Hall, T., SHAPE America — Lesson Planning for Elementary Physical Education Society of Health and Physical Educators. (2016). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Landy, M.J and Landy J.M, Ready to use P.E. Activities, Paker Publishing Company, West Nyack, New York 10995

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)
- Deportment 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

1st QUARTER

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 Aug 10th to 11th <u>Only 2 School Days</u> <i>10 ~ First Day / Orientation Day</i>	<ul style="list-style-type: none"> • Introductory activities • Do and Don'ts • Meet and greet • Reminders for Gym and field rules
Week 2 Aug 14th to 18th <i>15 ~ Opening Mass</i>	<ul style="list-style-type: none"> • Physical Fitness Test (Pre-test) <ul style="list-style-type: none"> - Skill related <ul style="list-style-type: none"> ▪ Shuttle-run (7 meters) • Health-Related Test <ul style="list-style-type: none"> - Flexibility - Cardiovascular endurance
Week 3 Aug 21st to 25th	<ul style="list-style-type: none"> • Fitness Activities <ul style="list-style-type: none"> - Dance Exercise (Aerobics) - Practice and group performance
Week 4 Aug 28th to Sep 1st	<ul style="list-style-type: none"> • Learning new exercise routine <ul style="list-style-type: none"> - Hip-hop aerobics - Practice and performance
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	<ul style="list-style-type: none"> • Introduction to Basketball <ul style="list-style-type: none"> - Short history, equipment presentation and familiarization - Do it yourself activity - Skills in basketball activities

Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	<ul style="list-style-type: none"> • Dribbling drills <ul style="list-style-type: none"> - Static and non-static - Do it yourself activity - Race (assessment)
Week 7 Sep 18th to 22nd	<ul style="list-style-type: none"> • Passing drills <ul style="list-style-type: none"> - Chest pass - Bounce pass - Overhead pass
Week 8 Sep 25th to 29th <u>No Classes</u> <i>25-28 ~Teacher's Conference</i> <i>29 ~ Moon Festival Holiday</i>	
Week 9 Oct 2nd to 6th <u>3 Days of Class</u> <i>5-6 ~Q1 Exams</i>	<ul style="list-style-type: none"> - Exams

2nd QUARTER

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 (10) Oct 9th to 13th <u>3 Days of Class</u> <i>9-10 – Double 10 Holiday</i>	<ul style="list-style-type: none"> - Continuation of dribbling skills - Cone activity - Race (assessment) - Dribbling assessment - Cone activity - Race (assessment)
Week 2 (11) Oct 16th to 20th	<ul style="list-style-type: none"> • Shooting skills <ul style="list-style-type: none"> - Short and long distance with the use of hula hoops - Volleyball will be used for the shooting in the real basketball ring
Week 3 (12) Oct 23rd to 27th	<ul style="list-style-type: none"> - Free throws - 3 pt. side throws
Week 4 (13) Oct 30th to Nov 3rd <i>1 - All Saint's Day Mass</i>	<ul style="list-style-type: none"> - Practice - Assessment
Week 5 (14) Nov 6th to 10th	-mini basketball game
Week 6 (15) Nov 13th to 17th	<ul style="list-style-type: none"> • Introduction to Volleyball <ul style="list-style-type: none"> - Short history and equipment introduction - Catch and throw in a short distance - Practice
Week 7 (16) Nov 20th to 24th	<ul style="list-style-type: none"> • Introduction to Volleyball <ul style="list-style-type: none"> - Catch and throw in a far distance

	By pair
Week 8 (17) Nov 27th to Dec 1st	<ul style="list-style-type: none"> - Ball control <ul style="list-style-type: none"> ▪ rolling on the floor with partner and by group ▪ Do it yourself ▪ By pair
Week 9 (18) Dec 4th to 8th <i>8 - Foundation Day Celebrations</i>	<ul style="list-style-type: none"> - catch and throw against the wall - solo practice - by pair
Week 10 (19) Dec 11th to 15th <u>3 Days of Class</u> <i>14-15 ~ Q2 Exams</i>	Exam
Dec 18th to Jan 1st	Christmas Holiday

3rd QUARTER

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
Week 1 (20) Jan 3rd to 5th <u>3 Days of Class</u> <i>4 ~ New Year Mass</i>	<ul style="list-style-type: none"> • Introduction to Badminton <ul style="list-style-type: none"> - History and equipment introduction - Ball control activity - By partner - Receiving activities - Throw and hit (one on one with the teacher) - Practice
Week 2 (21) Jan 8th to 12th	<ul style="list-style-type: none"> • Introduction to Badminton <ul style="list-style-type: none"> - History and equipment introduction - Ball control activity - By partner - Receiving activities - Throw and hit (one on one with the teacher) - Practice
Week 3 (22) Jan 15th to 19th	<ul style="list-style-type: none"> - Service drills and assessment - Practice - Assessment
Week 4 (23) Jan 22nd to 26th	<ul style="list-style-type: none"> - Service drills and assessment - Practice - Assessment
Week 5 (24) Jan 29th to Feb 2nd	1V1
Week 6 (25) Feb 5th to 9th <u>3 Days of Class</u> <i>8-9 ~ CNY</i>	2V2
Feb 8th to 16th	CNY Holiday
Week 7 (26) Feb 19th to 23rd <i>19 ~ Lenten Mass</i> <i>21-23 ~ Pre-Exam Days</i>	Assessment of skills in badminton

Week 8 (27) Feb 26th to March 1st <u>4 Days of Class</u> <i>28 ~ 228 Memorial Day Holiday</i>	Review of the skills included in the exam
Week 9 (28) March 4th to 8th <u>4 Days of Class</u> <i>8 ~ Q3 Exams</i>	Exam

4th QUARTER

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)

Week / Date	Topic / Projects / Assessments
Week 1 (29) March 11th to 15th <u>4 Days of Class</u> <i>11 ~ Q3 Exams</i> <i>12 ~ Q4 Begins</i>	<ul style="list-style-type: none"> • Introduction to tennis • History and Equipment introduction Tennis drills in ball control
Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i>	-drill in receiving -activity
March 25th to Apr 5th	Easter Holiday
Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i>	- Drill in service - Activity
Week 4 (33) Apr 15th to 19th	Assessment of skills in tennis
Week 5 (34) Apr 22th to 26th <i>22-26 ~ AP Mock Exams</i>	-1V1 -2V2
Week 6 (35) Apr 29th to May 3rd <i>1-2 ~ Pre-Exam</i> <i>1-10~ Final Exams (K, 5, 8, 12 only)</i> <i>4/29 – 5/10 ~ AP Exams</i>	-Review activity -Assessment
Week 7 (36) May 6th to 10th <i>1-10~ Final Exams (K, 5, 8, 12 only)</i> <i>4/29 – 5/10 ~ AP Exams</i>	Exam
Week 8 (37) May 13th to 17th <u>2 Days of Class</u> <i>15-16 ~ Q4 Exams</i> <i>17 ~ Record Day</i>	Recreational activities: -tug of war - race
Week 9 (38) May 20th to 24th <u>ACTIVITIES: Double check the school calendar and emails from the administration.</u>	-Water balloon activities - sack race ----- <i>20-24 ~ Student Clearance Days</i> <i>21 ~ Baccalaureate Mass for Graduating classes</i> <i>22 & 23 ~ Middle & High School Sports Day</i> <i>23 ~ Pre-Kindergarten & Gr. 1 - 4 Recognition/Kindergarten Graduation/Gr. 5 Promotion</i> <i>24 ~ Gr. 6 – 7 Recognition and Gr. 8 Graduation</i> <i>24 ~ Lower School Sports Day</i>
Week 10 (39) May 27th to 31st <u>ACTIVITIES: Double check the school calendar and emails from the administration.</u>	Picnic party ----- <i>27 ~ House Culminating Activity</i> <i>28 ~ Gr. 9-11 Recognition and Gr. 12 Graduation</i> <i>29 ~ Class Party</i> <i>30 ~ Last Day of School & Report Card Distribution (half day)</i> <i>31 ~ Teachers/Staff Meeting</i>