



Physical Education

COURSE SYLLABUS

GRADE LEVEL: 12

SCHOOL YEAR: 2022-23

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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 result of a highly effective physical education program. States school districts across the country use the National Standards to develop or revise existing standards, frameworks and curricula.

COURSE DESCRIPTION:

The physical education for grade 12 students will include research in sports history, exercise, dance choreography, sports refereeing, sports coaching, training program planning, and sports activity that can be applied in daily lives and practices to ensure they make wise, healthy decisions that also involve their health. The students have fun enjoying sports and exercise, aiming to mold their behavior to engage in physical activity, play sports, and apply it to their personal lives.

COURSE OBJECTIVES:

- Analyzes the impact of life choices, motivation, and accessibility on exercise adherence and participation in physical activity in college or career settings
- Design and implement a strength and conditioning program that develops balance in opposing muscle groups.
- Create a snack plan for before, during, and after exercise that addresses nutrition needs for each phase.
- Assumes a leadership role (e.g., task or group leaders, referee, coaching) in a physical activity setting.
- Chooses an appropriate level of challenge to experience success and desires to participate in a self-selected physical activity.
- Discusses the nature and background of team sports and individual sports (basketball, volleyball, softball, soccer, badminton, track and field, and others).

- Executes on how muscle works and its training effects
- Determines the muscular demands of sports and assesses muscular fitness.
- Engages in sport to be physically active and promote a healthy lifestyle for all students.
- Designs and implements a personalized exercise program to improve and sustain the desired level of fitness.
- Practice sport coaching, refereeing, and training program planning.

ASSESSMENT:

The physical education grades are computed as follows:

1. Homework/Seatwork & Projects (30 %)
 - 1.1 Uniform
 - 1.2 Daily Attendance
 - 1.3 Seatwork/Homework
 - 1.4 Online Homework
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
 - 2.4 Online Quizzes
3. Quarter Exam (Practical/Written) (30 %)
4. Deportment Grade (10 %)

PRIMARY TEXTBOOK & OTHER RESOURCES:

- Essentials of Strength Training and Conditioning/ National and Strength and Conditioning Association; Thomas R. Baechle, Roger W. Earle, edition. – 3rd ed.
- Performance-Based Assessment for Middle and High School Physical Education / Jacalyn L. Lund, Mary Fortman Kirk. – 2nd ed.
- SHAPE America — Society of Health and Physical Educators. (2013). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Rainer Martens. *Successful Coaching*. American Sport Education Program Founder
- MacDonald,LC., R.J. Doan, and S. Chepko, Eds., 2018. Lesson planning for high school physical education: Meeting the National Standards & Grade Level Outcomes. Reston, VA: SHAPE America- Society of Health and Physical Educators; Champaign, IL: Human Kinetics.
- National Federation of States High School Association

ADDITIONAL INFORMATION:

Formats for proper exercise

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

1. Warm-up
2. Sports/ fitness activity
3. Cooling down

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. Be responsible

Guidelines for working with groups

- Respect everyone's feelings
- Use each other's' strengths, not weaknesses
- Be a part of the group in some way
- Give positive feedback when someone does something well
- Compete to improve your group, not necessarily against other groups
- Safety first
- Anticipate unsafe situations

- Try everyone's suggestions and then formulate/try what will best fit your group.

Attendance

1. 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.
2. Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes.
3. Students should leave immediately after P.E class to attend class or lunch time.

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 going 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 Additional Information

The teaching strategies for the high school physical education class teach different teaching styles depend on student learning style and behavior in class. The teacher will use the Google Classroom for posting homework, advance announcement, PowerPoint presentation, sports, fitness and health related video.

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

SUBJECT: Physical Education 12

1st QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Research in Sports History	
<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>	Class Orientation <ul style="list-style-type: none"> • Online Class Orientation day • Grading Assessment • Introducing Different Kind of Sports
Week 2 Aug 14th to 18th <i>15 ~ Opening Mass</i>	Lesson 1: Basketball Presentation <ol style="list-style-type: none"> 1. History of basketball 2. Rules and Regulations 3. Sports and Physical Activity
Week 3 Aug 21st to 25th	Lesson 2: Table Tennis Presentation <ol style="list-style-type: none"> 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 4 Aug 28th to Sep 1st	Lesson 3: Soccer Presentation <ol style="list-style-type: none"> 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	Lesson 4: Badminton Student Presentation <ol style="list-style-type: none"> 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	Lesson 5: Volleyball <ol style="list-style-type: none"> 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 7 Sep 18th to 22nd	Lesson 6: Track and Field Presentation <ol style="list-style-type: none"> 1. History of Tennis 2. Rules and Regulations 3. Sports and Physical Activity
Week 8 Sep 25th to 29th <u>No Classes</u> <i>25-28 ~ Teacher's Conference</i> <i>28-30 ~ 29 – Moon Festival Holiday</i>	➤ P.E Final Exam (Written Exam)
Week 9 Oct 2nd to 6th <u>3 Days of Class</u> <i>5-6 ~ Q1 Exams</i>	➤ Quarter Final Exam

2nd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to Dance Choreography and Exercise <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 3 Days of Class <i>9-10 – Double 10 Holiday</i>	Lesson 1: Movement Map <ol style="list-style-type: none"> 1. Review 2. Creating Movement Map 3. Adding Movement Choreographic Tools 4. Cool-Down and Debrief 5. Formal and Informal Assessment 6. Sports and Physical Activity
Week 2 (11) Oct 16th to 20th	Lesson 2: Improvisation of games <ol style="list-style-type: none"> 1. Discussion of Improvisation 2. Discussion 3. Formal and Informal Assessment 4. Sport Activity
Week 3 (12) Oct 23rd to 27th	Lesson 3: Mirroring <ol style="list-style-type: none"> 1. Improvisation Exercise 2. Adding Choreography Tools 3. Layering Tools 4. Nutrition Discussion 5. Formal and Informal Assessment 6. Sports and Physical Activity
Week 4 (13) Oct 30th to Nov 3rd <i>1 - All Saint's Day Mass</i>	Lesson 4: Across the floor <ol style="list-style-type: none"> 1. Introduction to Interplay 2. Across-the-Floor Interplay 3. Cool-Down and Debrief 4. Formal and Informal Assessment 5. Sports and Physical Activity
Week 5 (14) Nov 6th to 10th	Lesson 5: Mood Exploration <ol style="list-style-type: none"> 1. Solo Improvisation 2. Cool-Down and Discussion 3. Choreography Portfolio 4. Formal and Informal Assessment 5. Sports and Physical Activity
Week 6 (15) Nov 13th to 17th	Lesson 6: Wall Improvisation <ol style="list-style-type: none"> 1. Wall Improvisation Task 2. Peer Assessment 3. Discussion 4. Formal and Informal Assessment 5. Sports and Physical Activity
Week 7 (16) Nov 20th to 24th	Lesson 7: Choreography Project <ol style="list-style-type: none"> 1. Choreography Project 2. Researching Your Emotion 3. Formal and Informal Assessment 4. Sports and Physical Activity
Week 8 (17) Nov 27th to Dec 1st	Lesson 8: Strange Fruit <ol style="list-style-type: none"> 1. Discussion of the poem "Strange Fruit" 2. Discussion of the dance "Strange Fruit" 3. Formal and Informal Assessment Lesson 9: Selected Poem <ol style="list-style-type: none"> 1. Selecting a Poem 2. Choreography the poem 3. Costumes and Props

	4. Formal and Informal Assessment 5. Sports and Physical Activity
Week 9 (18) Dec 4th to 8th 8 - Foundation Day Celebrations	➤ Final Exam for P.E
Week 10 (19) Dec 11th to 15th <u>3 Days of Class</u> 14-15 ~ Q2 Exams	➤ Quarter Final Exam
Dec 18th to Jan 1st	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to <i>Sports Referee</i> (NB: Depending on time and interest, the teacher may delete and/or add other selections.)	
Week / Date	Topic / Projects / Assessments
Week 1 (20) Jan 3rd to 5th <u>3 Days of Class</u> 4 ~ New Year Mass	Lesson 1: Boxing 1. Student Presentation 2. Sports and Exercise Activity
Week 2 (21) Jan 8th to 12th	Lesson 2: Taekwondo 1. Student Presentation 2. Sports and Exercise Activity
Week 3 (22) Jan 15th to 19th	Lesson 3: Swimming 1. Student Presentation 2. Sports and Exercise Activity
Week 4 (23) Jan 22nd to 26th	Lesson 4: Flag Football 1. Student Presentation
Week 5 (24) Jan 29th to Feb 2nd	Lesson 5: Ultimate Frisbee 1. Student Presentation 2. Sports and Exercise Activity
Week 6 (25) Feb 5th to 9th <u>3 Days of Class</u> 8-9 ~ CNY	Lesson 6: Bowling 1. Student Presentation 2. Sport Activity
Feb 8th to 16th	Chinese New Year
Week 7 (26) Feb 19th to 23rd 19 ~ Lenten Mass 21-23 ~ Pre-Exam Days	Lesson 7: Track and Field (Throwing Event) 1. Student Presentation 2. Sports and Exercise Activity
Week 8 (27) Feb 26th to March 1st <u>4 Days of Class</u> 28 ~ 228 Memorial Day Holiday	➤ P.E Final Exam (Practical)
Week 9 (28) March 4th to 8th <u>4 Days of Class</u> 8 ~ Q3 Exams	➤ Quarter Final Exam

4th QUARTER – TENTATIVE COURSE CONTENT

Extending Students' Skills and Knowledge to <i>Sport Coaching and Program Planning</i> <i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
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>	Lesson 1: Review of Fitness Principles (Pg.630) 1. Vocabulary Task 2. Curl-Up Test 3. Fitness Station Review 4. Formal and Informal Assessments 5. Sports and Exercise Activity
Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i>	Lesson 2: Physical Fitness Log 1. Activity gram Instruction 2. Upper- Body Strength and Endurance Testing 3. Fitness Station and Self-Assessment 4. Formal and Informal Assessments 5. Sports and Exercise Activity
March 25th to Apr 5th	Easter Holiday
Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i>	Lesson 3: Health Related Fitness Assessment 1. Dynamic Warm-Up with FITT Vocabulary 2. 1- Mile Run 3. Fitness Assessment 4. Formal and Informal Assessments 5. Sports and Exercise Activity
Week 4 (33) Apr 15th to 19th	Lesson 4: Resistance Training 1. Weight Room Etiquette and Safety Reminders 2. Station Review 3. Formal and Informal Assessments 4. Resistance Training Vocabulary 5. Sports and Exercise Activity
Week 5 (34) Apr 22th to 26th <i>22-26 ~ AP Mock Exams</i>	Lesson 5: Modified 1 Repetition Maximum 1. Warm-up 2. Finding Modified 1 Repetition Max (1RM) 3. Formal and Informal Assessments 4. Determining the Modified 1RM 5. Sports and Exercise Activity
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>	Lesson 6: Step Aerobic Workout 1 and Target Heart Rate Zone 1. Determining the Heart Rate Zone 2. Step Aerobics 3. Formal and Informal Assessment 4. Sports and Exercise Activity
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>	Lesson 7: Muscle Fitness Workout 1 1. Warm-Up (8-10 Minutes) 2. Weight Room Workout 3. Stretching 4. Formal and Informal Assessment 5. Sports and Exercise Activity
Week 8 (37) May 13th to 17th <u>2 Days of Class</u> <i>15-16 ~ Q4 Exams</i> <i>17 ~ Record Day</i>	➤ Final Exam for P.E

<p>Week 9 (38) May 20th to 24th <i>23-26 ACTIVITIES: Double check the school calendar and emails from the administration.</i></p>	<p><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></p>
<p>Week 10 (39) May 27th to 31st <i>ACTIVITIES: Double check the school calendar and emails from the administration.</i></p>	<p>----- <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></p>