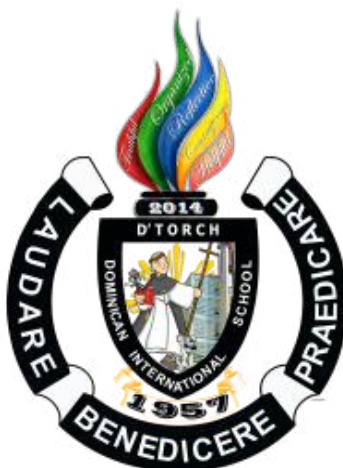


# Dominican International School



## PHYSICAL EDUCATION

### Course Syllabus

**GRADE LEVEL:** Grade-5  
**TEACHER:** Dr. John Nguyen

**SCHOOL YEAR:** 2023-2024  
**Email:** [jnguyen@dishs.tp.edu.tw](mailto:jnguyen@dishs.tp.edu.tw)

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. State school districts across the country use the National Standards to develop or revise existing standards, frameworks, and curricula.

### 1. COURSE DESCRIPTION

Physical education in grade 5 is a transition from low to middle school. Students will learn how to maintain a healthy lifestyle physically, mentally, and inspirationally through performing exercises and a variety of sports regularly. In addition, they will learn how body coordination can help them in moving efficiently, reducing chances of getting injured during physical activities. Moreover, students will also learn knowledge of movement concepts, training principles, and training strategies which can be applied to practice to enhance peak performance. Topics would include fitness components, athletic training, and individual and team sports. The students have fun enjoying sports and exercise,

aiming to mold students' behavior to engage in physical activity and sports even outside the school programs.

## **2. COURSE GOAL**

- ☐ Discusses the nature/background of sports
- ☐ Explains the health and fitness benefits derived from playing team/individual sports.
- ☐ Activities are expected to have the opportunity to build their knowledge and skills which empowers students to engage in different kinds of sports, to promote health and fitness.
- ☐ Assess and maintain a level of physical fitness to improve health and sports performance.
- ☐ To develop a sense of fair play and cooperation in students and the ability to work in groups, leading to increased cultural understanding.
- ☐ To provide opportunities for integration of physical education with other subject areas: health, language, math, social studies, science, music, and arts.
- ☐ Demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies as applied to learning and sports performance.
- ☐ Demonstrate knowledge of motor skills, movement concepts, principles, and strategies as they apply to learning and performance of physical activities.

## **3. STUDENT ACTIVITIES**

Students will be taught various stimulating activities aimed at developing their alertness and gross motor skills through movement.

- ☐ Warm-up/ Cool-down
- ☐ Stretching/ flexibility/ agility/ coordination
- ☐ Online Class Lectures and Seatwork
- ☐ Practicing different types of locomotion: walking, running, jumping, throwing and catching, squatting, hinges, pushing, pulling, carrying ...
- ☐ Recreational activities
- ☐ Exercise and fitness indoor and outdoor activities
- ☐ Playing different sports
- ☐ Circuit training
- ☐ Conditioning training

## **4. FORMATS FOR PROPER EXERCISE**

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

- ☐ Warm-up
- ☐ Fitness/ Sports activity
- ☐ Cool down

## **5. GRADING ASSESSMENT**

The physical education grades are computed as follows:

### **Homework/Seatwork & Projects (30 %)**

- ☐ Uniform
- ☐ Class Attendance
- ☐ Seatwork/Homework

### **Quizzes/Performance in Class (30 %)**

- ☐ Efforts in participating in sports and exercise activities
- ☐ Individual skills in sports and exercise
- ☐ Group skills in sports and exercise
- ☐ Online Quizzes

### **Quarter Exam (Practical/Written) (30 %)**

### **Department Grade (10 %)**

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

## **6. INDOOR COURT INSTRUCTION/ RULES AND REGULATION**

- ☐ No teachers/coaches, no using the gym
- ☐ No wet mop
- ☐ No chairs without carpet
- ☐ No drinks and food inside (water bottle must be placed at the designated place)
- ☐ No roller skates and skateboarding
- ☐ No sharp items and high heels
- ☐ No water retention
- ☐ Indoor courts are strictly for Basketball/Volleyball/Badminton only
- ☐ All bags will be in the dressing room (bring your things after your P.E. class)
- ☐ To keep the gym safe and clean up, you should store the equipment you have used properly.

## **7. OUTDOOR COURT AND SOCCER FIELD RULES AND REGULATION**

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

## **8. GUIDELINES FOR WORKING WITH GROUPS**

- ☐ Safety first
- ☐ 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
- ☐ Anticipate unsafe situations
- ☐ Try everyone's suggestions and then formulate/try what will best fit your group

## **9. 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.
- ☐ The class will be dismissed 5-8 minutes before the dismissal bell for changing their clothes.
- ☐ Students have to stay with P.E Teachers until the last minute and cannot leave the students alone.

## **10. EXCUSES**

- ☐ If a student is not to participate in class due to illness/injury, she/he is going to bring a note from parents/guardian/nurse.

- 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
- 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.
- If a student is to be limited in participation, a doctor's note is required.

### **PRIMARY TEXTBOOK & OTHER RESOURCES**

- SHAPE America - Society of Health and Physical Educators. (2014). Grade level outcomes for K-12 physical education. Reston, VA: Author.
- Lesson Planning for Middle School Physical Education: Meeting the National Standards & Grade Level.
- Dynamic Physical Education for Elementary School Children (2016). Pearson Education.
- Ready-to-use P.E. Activities.
- Health and physical education for elementary classroom teachers.

**ACADEMIC DISHONESTY:** 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:

- Purposely incorporating the ideas, words of sentences, paragraphs, or parts thereof without appropriate acknowledgment and representing the product as one's own work; and
- 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.
- Employing a tutor, making use of Artificial Intelligence without acknowledgment, getting a parent to write a paper or do an assignment, and paying for an essay to be written by someone else and presented as the student's own work.
- 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**

# 1<sup>st</sup> QUARTER – TENTATIVE COURSE CONTENT

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
<b>Week 1</b> <b>Aug 10<sup>th</sup> to 11<sup>th</sup></b> <b>2 Days of Class</b> <i>10~ First Day / Orientation Day</i>	<b>Class Orientation</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Self-introduction</li> <li><input type="checkbox"/> Grading assessment</li> <li><input type="checkbox"/> Syllabus discussion</li> <li><input type="checkbox"/> Class rules and expectation</li> </ul>
<b>Week 2</b> <b>Aug 14<sup>th</sup> to 18<sup>th</sup></b> <i>15 ~ Opening Mass</i>	<b>Physical Fitness Test ( 12 minutes test)</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pre-test heart rate measurement</li> <li><input type="checkbox"/> Warm-up/12 minutes running test</li> <li><input type="checkbox"/> Post-test heart rate measurement</li> <li><input type="checkbox"/> Results discussion and reminding</li> </ul>
<b>Week 3</b> <b>Aug 21<sup>nd</sup> to 25<sup>th</sup></b>	<b>Jump rope practice 1</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Single-leg jumping rope</li> <li><input type="checkbox"/> Double legs jumping rope</li> <li><input type="checkbox"/> Alternative legs jumping rope</li> <li><input type="checkbox"/> Endurance training</li> </ul>
<b>Week 4</b> <b>Aug 28<sup>th</sup> to Sept 1<sup>st</sup></b>	<b>Jump rope practice 2</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Perform different types of jumping rope</li> <li><input type="checkbox"/> Group jumping rope</li> <li><input type="checkbox"/> Endurance training</li> </ul>
<b>Week 5</b> <b>Sep 4<sup>th</sup> to 8<sup>th</sup></b> <i>8 ~ Holy Mass &amp; VIP Induction</i>	<b>Fitness training: Lower body</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Squat: static/ dynamic</li> <li><input type="checkbox"/> Lunge: static/ dynamic</li> <li><input type="checkbox"/> Plyometric training</li> <li><input type="checkbox"/> Practice jumping rope</li> </ul>
<b>Week 6</b> <b>Sep 11<sup>th</sup> to 15<sup>th</sup></b> <i>12-14 – Pre-Exam Days</i>	<b>Fitness training: Upper body</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pulls: vertical and horizontal directions</li> <li><input type="checkbox"/> Pushes: vertical and horizontal directions</li> <li><input type="checkbox"/> Practice jumping rope</li> </ul>
<b>Week 7</b> <b>Sep 18<sup>th</sup> to 22<sup>rd</sup></b>	<b>Fitness training: Sprint and agility</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Quickness/ high knees</li> <li><input type="checkbox"/> Sprint drills: 30m and 60m</li> </ul>

	<input type="checkbox"/> Agility drills <input type="checkbox"/> Practice jumping rope
<b>Week 8</b> <b>Sep 25<sup>th</sup> to 29<sup>th</sup></b> <u>No Classes</u> <i>25-28 ~Teacher's Conference</i> <i>29 ~ Moon Festival Holiday</i>	<b>P.E Exams</b>
<b>Week 9</b> <b>Oct 2<sup>nd</sup> to 6<sup>th</sup></b> <u>3 Days of Class</u> <i>5-6 ~Q1 Exams</i>	<b>Q1 Exams (Major subjects)</b>

## 2<sup>nd</sup> QUARTER – TENTATIVE COURSE CONTENT

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
Week / Date	Topic / Projects / Assessments
<b>Week 1 (10)</b> <b>Oct 9<sup>th</sup> to 13<sup>th</sup></b> <u>3 Days of Class</u> <i>9-10 – Double 10 Holiday</i>	<b>Badminton training</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Practice grips for forehand and backhand stroke</li> <li><input type="checkbox"/> Practice footwork: Front lunge, lateral lunge</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 2 (11)</b> <b>Oct 16<sup>th</sup> to 20<sup>th</sup></b>	<b>Clear strokes practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand clear stroke</li> <li><input type="checkbox"/> Backhand clear stroke</li> <li><input type="checkbox"/> Playing games using clear strokes</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 3 (12)</b> <b>Oct 23<sup>rd</sup> to 27<sup>th</sup></b>	<b>Netplay skills practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand and backhand drop stroke</li> <li><input type="checkbox"/> Forehand and backhand net play</li> <li><input type="checkbox"/> Playing games using drop and net play</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 4 (13)</b> <b>Oct 30<sup>th</sup> to Nov 3<sup>rd</sup></b> <i>1-All Saint's Day Mass</i>	<b>Serving practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand serving: short and long</li> <li><input type="checkbox"/> Backhand serving: short and long</li> <li><input type="checkbox"/> Single vs double serving rules</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>

<b>Week 5 (14)</b> <b>Nov 6<sup>th</sup> to 10<sup>th</sup></b>	<b>Smash skills learning</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Learn the differences between smash and clear</li> <li><input type="checkbox"/> Smash without ball (train the wrist)</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 6 (15)</b> <b>Nov 13<sup>th</sup> to 17<sup>th</sup></b>	<b>Smash skills practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand smash with ball delivering by teacher</li> <li><input type="checkbox"/> Smash and clear practice (a pair of student)</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 7 (16)</b> <b>Nov 20<sup>th</sup> to 24<sup>th</sup></b>	<b>Drive skills learning</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Forehand drive without and with ball</li> <li><input type="checkbox"/> Backhand drive without and with ball</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 8 (17)</b> <b>Nov 27<sup>th</sup> to Dec 1<sup>st</sup></b>	<b>Games practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm-up</li> <li><input type="checkbox"/> Single players game</li> <li><input type="checkbox"/> Double players game</li> </ul>
<b>Week 9 (18)</b> <b>Dec 4<sup>th</sup> to 8<sup>th</sup></b> 8 - Foundation Day Celebrations	<b>P.E. Exams</b>
<b>Week 10 (19)</b> <b>Dec 11<sup>th</sup> to 15<sup>th</sup></b> <b>3 Days of Class</b> 14-15 ~Q2 Exams	<b>Q2 Exams (Major subjects)</b>
<b>Dec 19<sup>th</sup> to Jan 2<sup>nd</sup></b>	<b>Christmas Break</b>

### **3rd QUARTER – TENTATIVE COURSE CONTENT**

<i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i>	
<b>Week / Date</b>	<b>Topic / Projects / Assessments</b>
<b>Week 1 (20)</b> <b>Jan 3<sup>rd</sup> to 5<sup>th</sup></b> <b>3 Days of Class</b> 4 ~ New Year Mass	<b>Soccer training</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> General warm-up</li> <li><input type="checkbox"/> Warm-up for soccer</li> <li><input type="checkbox"/> 5-a-side, 7-a-side, 11-a-side soccer rules</li> </ul>



<b>Week 2 (21)</b> <b>Jan 8<sup>th</sup> to 12<sup>th</sup></b>	<b>Ball handling and dribbling practice:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> By different parts of the body: foot, thigh, chest, and head</li> <li><input type="checkbox"/> Dribble with cones, one vs one, one vs two</li> <li><input type="checkbox"/> Strength and conditioning training</li> </ul>
<b>Week 3 (22)</b> <b>Jan 15<sup>th</sup> to 19<sup>th</sup></b>	<b>Ball receiving and passing</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> By foot: inside, outside</li> <li><input type="checkbox"/> By front thigh</li> <li><input type="checkbox"/> By chest/ head</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 4 (23)</b> <b>Jan 22<sup>nd</sup> to 26<sup>th</sup></b>	<b>Shooting practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Inside foot and shoes laces</li> <li><input type="checkbox"/> Shooting with a table ball</li> <li><input type="checkbox"/> Shooting with a moving ball</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 5 (24)</b> <b>Jan 29<sup>th</sup> to Feb 2<sup>nd</sup></b>	<b>Dribbling and Shooting practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Dribbling and shooting at different distances and angles to the goal</li> <li><input type="checkbox"/> Volley kick</li> <li><input type="checkbox"/> Corner kick</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 6 (25)</b> <b>Feb 5<sup>th</sup> to 9<sup>th</sup></b> <u><b>3 Days of Class</b></u> 8-9 ~ CNY	<b>Tactical training</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Defensive line-up</li> <li><input type="checkbox"/> Offensive line-up</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Feb 8<sup>th</sup> to 16<sup>th</sup></b>	<b>Chinese New Year</b>
<b>Week 7 (26)</b> <b>Feb 19<sup>th</sup> to 23<sup>rd</sup></b> 19 ~ <i>Lenten Mass</i> 21-23 ~ <i>Pre-Exam Days</i>	<b>Practice games</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm-up</li> <li><input type="checkbox"/> Game rules reminding</li> <li><input type="checkbox"/> 5 or 7-a-side competition</li> </ul>
<b>Week 8 (27)</b> <b>Feb 26<sup>th</sup> to Mar 1<sup>st</sup></b> <u><b>4 Days of Class</b></u> 28 ~ 228 Memorial Day Holiday	<b>P.E. Exams</b>

<b>Week 9 (28)</b> <b>Mar 4<sup>th</sup> to 8<sup>th</sup></b> <b><u>4 Days of Class</u></b> <i>8 – Q3 Exams</i>	<b>Q3 Exams (Major subjects)</b>
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## 4th QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)	
Week / Date	Topic / Projects / Assessments
<b>Week 1 (29)</b> <b>Mar 11<sup>th</sup> to 15<sup>th</sup></b> <b><u>4 Days of Class</u></b> <i>11 – Q3 Exams</i> <i>12~ Q4 Begins</i>	<b>Basketball training</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Slow and fast dribbling</li> <li><input type="checkbox"/> Dribbling between legs</li> <li><input type="checkbox"/> V-dribble</li> <li><input type="checkbox"/> Dribbling with corners</li> </ul>
<b>Week 2 (30)</b> <b>Mar 18<sup>th</sup> to 22<sup>nd</sup></b> <i>18-21 ~ Fire Drill</i>	<b>Passing and receiving practice</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Air pass</li> <li><input type="checkbox"/> Bounce pass</li> <li><input type="checkbox"/> Overhead pass</li> <li><input type="checkbox"/> Catching and return to the triple threat position</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Mar 25<sup>th</sup> to Apr 5<sup>th</sup></b>	<b>Easter Break</b>
<b>Week 3 (31)</b> <b>Apr 8<sup>th</sup> to 12<sup>th</sup></b> <i>10 ~ Easter Mass</i>	<b>Shooting practice 1</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Shooting in place with different angles to the rim</li> <li><input type="checkbox"/> Dribbling + shooting in place</li> <li><input type="checkbox"/> Receiving + shooting in place</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 4 (33)</b> <b>Apr 15<sup>th</sup> to 19<sup>th</sup></b>	<b>Shooting practice 2</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Jump shoot in different angles to the rim</li> <li><input type="checkbox"/> Dribbling and jump shoot</li> <li><input type="checkbox"/> Receiving ball and jump shoot</li> <li><input type="checkbox"/> Strength and conditioning</li> </ul>
<b>Week 5 (34)</b> <b>Apr 22<sup>nd</sup> to 26<sup>th</sup></b> <i>22-26 ~ AP Mock Exams</i>	<b>Tactical training</b>

	<input type="checkbox"/> Offensive tactics <input type="checkbox"/> Defensive tactics <input type="checkbox"/> Strength and conditioning
<b>Week 6 (35)</b> <b>Apr 29<sup>th</sup> to May 3<sup>rd</sup></b> <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>	<b>Game rules training</b> <input type="checkbox"/> Fault and violation <input type="checkbox"/> Time: 24s, 8s, 3s <input type="checkbox"/> Strength and conditioning
<b>Week 7 (36)</b> <b>May 6<sup>th</sup> to 10<sup>th</sup></b> <i>1-10~ Final Exams (K, 5, 8, 12 only)</i> <i>4/29 -5/10 ~ AP Exams</i>	<b>P.E. Exams</b>
<b>Week 8 (37)</b> <b>May 13<sup>th</sup> to 17<sup>th</sup></b> <u><b>2 Days of Class</b></u> <i>15-16~ Q4 Exams</i> <i>17 ~ Record Day</i>	<b>Q4 Exams (Major subjects)</b>