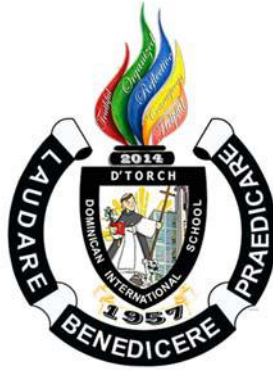


Dominican International School



PE 6

COURSE SYLLABUS

GRADE LEVEL: Grade 6

SCHOOL YEAR: 2023-2024

TEACHER: **Mr. Erwin Josh Discaya**

EMAIL: ediscaya@dishs.tp.edu.tw

COURSE DESCRIPTION:

- This class gives students opportunities to learn and practice different methods of catching and throwing an object, may it be different sizes of balls and discs.
- The aim of this curriculum is to provide knowledge on how body coordination can help students in throwing efficiently without having to waste too much energy.
- Students will practice techniques on how to reduce the rate of force of an incoming object to the chances of hurting their hands while catching an object.
- Students demonstrate throwing and catching certain objects while they are moving in different directions.

COURSE OBJECTIVES:

- Explain how to warm up before running, jumping, kicking, throwing, and striking.
- Explain the differences in applying and receiving force when throwing/striking an object.
- Participate in continuous moderate physical activities at the appropriate intensity for increasing both anaerobic and aerobic capacity, strength and power.
- Reduce the rate of body imbalance wherein the coordination between the dominant side and nondominant side are too far apart.
- Demonstrating how to cool down after a session of workout can have a good acute and chronic effect on the body.

STUDENT ACTIVITIES:

- 2-arm throwing & catching progress to 1-arm throwing & catching
- stable surface progress to unstable surface exercises
- functional training
- core training through crawling and rolling

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 efforts participating in 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. Deportment Grade (10 %)

PRIMARY TEXTBOOK & OTHER RESOURCES

- Ready to Use P.E. Activities
- NASM Sports Performance Training
- Functional Training for Sports

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 – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)	
Week / Date	Topic / Projects / Assessments
Week 1 Aug 10th to 11th Only 2 School Days <i>10 ~ First Day / Orientation Day</i>	Class Orientation
Week 2 Aug 14th to 18th <i>15 ~ Opening Mass</i>	Strike a ball continuously against a wall using one arm
Week 3 Aug 21st to 25th	Strike a ball continuously against a wall and with a partner using one arm
Week 4 Aug 28th to Sep 1st	Throw an object accurately and with applied force using the underhand throw patterns
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	Throw an object accurately and with applied force using overhand throw patterns
Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	Review
Week 7 Sep 18th to 22nd	Exams
Week 8 Sep 25th to 29th	

No Classes 25-28 ~Teacher's Conference 29 – Moon Festival Holiday	
Week 9 Oct 2nd to 6th 3 Days of Class 5-6 ~Q1 Exams	

2nd QUARTER – TENTATIVE COURSE CONTENT

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)	
Week / Date	Topic / Projects / Assessments
Week 1 (10) Oct 9th to 13th 3 Days of Class 9-10 – Double 10 Holiday	Throw and catch an object with a partner while both partners are moving
Week 2 (11) Oct 16th to 20th	Throw and catch an object with a partner while both partners are moving
Week 3 (12) Oct 23rd to 27th	Throw overhand at increasingly smaller targets, using proper follow-through
Week 4 (13) Oct 30th to Nov 3rd 1 - All Saint's Day Mass	Throw a flying disc for distance, using the backhand movement pattern
Week 5 (14) Nov 6th to 10th	Catch a fly ball above the head
Week 6 (15) Nov 13th to 17th	Catch a fly ball below the waist
Week 7 (16)	Catch a fly ball away from the body

Nov 20th to 24th	
Week 8 (17) Nov 27th to Dec 1st	Exams
Dec 18th to Jan 1st	Christmas Break

3rd QUARTER – TENTATIVE COURSE CONTENT

(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 3 Days of Class <i>4 ~ New Year Mass</i>	Explain the purpose of warm-up and cool-down periods
Week 2 (21) Jan 8th to 12th	Identify the correct body alignment during stretching (lower body)
Week 3 (22) Jan 15th to 19th	Identify the correct body alignment during stretching (upper body)
Week 4 (23) Jan 22nd to 26th	Strike an object consistently, using a body part, so that the object travels in the intended direction at the desired height
Week 5 (24) Jan 29th to Feb 2nd	Strike an object consistently, using an implement, so that the object travels in the intended direction at the desired height
Week 6 (25) Feb 5th to 9th 3 Days of Class	Dribble and pass a ball to a partner while being guarded

8-9 ~ CNY	
Feb 8 th to 16 th	CNY Holiday
Week 7 (26) Feb 19th to 23rd <i>19 ~ Lenten Mass</i> <i>21-23 ~ Pre-Exam Days</i>	Review
Week 8 (27) Feb 26th to March 1st <u>4 Days of Class</u> <i>28 ~ 228 Memorial Day Holiday</i>	Exams

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
Week 1 (29) March 11th to 15th <u>4 Days of Class</u> <i>11 ~ Q3 Exams</i> <i>12 ~ Q4 Begins</i>	Classify physical activities as aerobic or anaerobic
Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i>	Anaerobic Exercises
March 25th to Apr 5th	Easter Holiday
Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i>	Aerobic Exercises
Week 4 (33) Apr 15th to 19th	Anaerobic Exercises
Week 5 (34) Apr 22th to 26th	Review

22-26 ~ AP Mock Exams	
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>	Exams