

Dominican International School



PE 7

COURSE SYLLABUS

GRADE LEVEL: Grade 7

SCHOOL YEAR: 2023-2024

TEACHER: **Mr. Erwin Josh Discaya**

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COURSE DESCRIPTION:

- This class gives students the chance to know more about the importance of both speed and agility.
- The aim of this curriculum is to provide knowledge on how speed and agility are different, and what the different variations are.
- Students will have to demonstrate the motor skills and footwork patterns needed to perform a variety of speed and agility drills.
- This course will give the students a better understanding as to why certain movement patterns are important in our daily lives and how it can be beneficial to our body as we age.

COURSE OBJECTIVES:

- Explain how to adjust body hip and feet positioning during a linear and lateral drill.
- Explain the differences in foot strike when doing different movements.
- Exhibit proper arms and legs coordination when doing ladder and hurdle drills.
- Reduce the rate of body imbalance wherein the preference of moving to the dominant side and nondominant side are too far apart.

STUDENT ACTIVITIES:

- ladder and mini-hurdle drills
- upper body strength like push up and inverted row
- sprint and hopping activities (using leg power asynchronous manner)
- functional training

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>	- Ladder Drills - Squat Patterns
Week 3 Aug 21st to 25th	- Ladder Drills - Hip Hinge
Week 4 Aug 28th to Sep 1st	- Ladder Drills - Lunge Patterns
Week 5 Sep 4th to 8th <i>8 ~ Holy Mass & VIP Induction</i>	- Ladder Drills - Pulling Movements
Week 6 Sep 11th to 15th <i>12-14 ~ Pre-Exam Days</i>	- Ladder Drills - Pushing Movements
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 <u>3 Days of Class</u> 5-6 ~Q1 Exams	

2nd QUARTER – TENTATIVE COURSE CONTENT

Week / Date	Topic / Projects / Assessments
Week 1 (10) Oct 9th to 13th <u>3 Days of Class</u> 9-10 – Double 10 Holiday	Explain how to increase force based on the principles of biomechanics
Week 2 (11) Oct 16th to 20th	Explain how impact force is reduced by increasing the duration of impact
Week 3 (12) Oct 23rd to 27th	Dribble and pass a ball to a partner while being guarded
Week 4 (13) Oct 30th to Nov 3rd 1 - All Saint's Day Mass	Throw an object accurately and with applied force, using the underhand, overhand, and sidearm movement patterns
Week 5 (14) Nov 6th to 10th	Change direction quickly to maintain the spacing between two players
Week 6 (15)	Sprinting

Nov 13th to 17th	
Week 7 (16) Nov 20th to 24th	Agility and Change of Directions
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 <u>3 Days of Class</u> <i>4 ~ New Year Mass</i>	Tire Flipping (or flipping heavy objects)
Week 2 (21) Jan 8th to 12th	Core Training
Week 3 (22) Jan 15th to 19th	Tire Flipping (or flipping heavy objects)
Week 4 (23) Jan 22nd to 26th	Unilateral Training
Week 5 (24) Jan 29th to Feb 2nd	Plyometrics
Week 6 (25) Feb 5th to 9th <u>3 Days of Class</u>	Unilateral Training

<i>8-9 ~ CNY</i>	
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>	Plyometrics
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>	Speed Mechanics
Week 2 (30) March 18th to 22nd <i>18-21 ~ Fire Drill</i>	Agility Mechanics
March 25th to Apr 5th	Easter Holiday
Week 3 (32) Apr 4 th to 8 th	Change-of-Direction Ability
Week 3 (31) Apr 8th to 12th <i>10 ~ Easter Mass</i>	Speed Development Strategies
Week 4 (33)	Bodyweight Training Method

Apr 15th to 19th	
Week 5 (34) Apr 22th to 26th 22-26 ~ AP Mock Exams	Exams