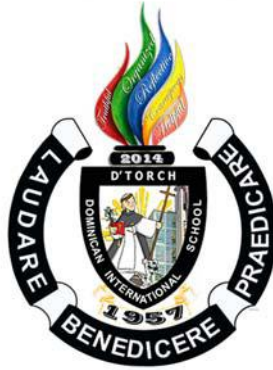


# Dominican International School



## PE 8

### COURSE SYLLABUS

GRADE LEVEL: Grade 8

SCHOOL YEAR: 2023-2024

TEACHER: **Mr. Erwin Josh Discaya**

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#### COURSE DESCRIPTION:

- This class gives students a better understanding of the modern way of basketball shooting.
- The aim of this curriculum is to provide knowledge of the basic skills that are needed in sports.
- Students will practice and demonstrate the usage of each skill required using both their dominant and nondominant side of the body.
- Students will have to explain as to why a particular skillset is selected under a situation.

#### COURSE OBJECTIVES:

- Explain how to use the backboard and how different hand movements can be utilized when spinning a ball against the backboard.
- Demonstrate the importance of challenging the neurologic function of the brain while doing a simple movement.
- Exhibit proper arms and legs coordination dribbling, passing, and shooting.

#### STUDENT ACTIVITIES:

- 2 hand passing to 1 hand passing
- traditional layup VS advanced step layup
- shooting straight to the rim VS shooting off the backboard
- functional training for strength and power

### 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. Department 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
<b>Week 1</b> <b>Aug 10<sup>th</sup> to 11<sup>th</sup></b> <b>Only 2 School Days</b> <i>10 ~ First Day / Orientation Day</i>	Class Orientation
<b>Week 2</b> <b>Aug 14<sup>th</sup> to 18<sup>th</sup></b> <i>15 ~ Opening Mass</i>	<ul style="list-style-type: none"> <li>• right-hand dribbling</li> <li>• left-hand dribbling</li> <li>• catching a ball</li> </ul>
<b>Week 3</b> <b>Aug 21<sup>st</sup> to 25<sup>th</sup></b>	<ul style="list-style-type: none"> <li>• 2-hand overhead passing</li> <li>• 2-hand chest passing</li> <li>• 2-hand bounce passing</li> </ul>
<b>Week 4</b> <b>Aug 28<sup>th</sup> to Sep 1<sup>st</sup></b>	<ul style="list-style-type: none"> <li>• right-hand dribbling</li> <li>• left-hand dribbling</li> <li>• catching a ball outside your comfort zone</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>	<ul style="list-style-type: none"> <li>• 1-hand overhead passing</li> <li>• 1-hand chest passing</li> <li>• 1-hand bounce passing</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>	<ul style="list-style-type: none"> <li>• making different passes after dribbling</li> </ul>
<b>Week 7</b> <b>Sep 18<sup>th</sup> to 22<sup>nd</sup></b>	Exams
<b>Week 8</b> <b>Sep 25<sup>th</sup> to 29<sup>th</sup></b>	

<p><b><u>No Classes</u></b>  25-28 ~Teacher's Conference</p> <p>29 – Moon Festival Holiday</p>	
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## **2<sup>nd</sup> 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 (10)</b> <b>Oct 9<sup>th</sup> to 13<sup>th</sup></b> <b><u>3 Days of Class</u></b> <i>9-10 – Double 10 Holiday</i>	Pivoting In Different Ways (1)
<b>Week 2 (11)</b> <b>Oct 16<sup>th</sup> to 20<sup>th</sup></b>	Pivoting In Different Ways (2)
<b>Week 3 (12)</b> <b>Oct 23<sup>rd</sup> to 27<sup>th</sup></b>	Coordination of Crossover Dribbling (1)
<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>	Coordination of Crossover Dribbling (2)
<b>Week 5 (14)</b> <b>Nov 6<sup>th</sup> to 10<sup>th</sup></b>	Coordination of Between the Legs Dribbling (1)
<b>Week 6 (15)</b> <b>Nov 13<sup>th</sup> to 17<sup>th</sup></b>	Coordination of Between the Legs Dribbling (2)
<b>Week 7 (16)</b>	Coordination of In and Out Dribbling

<b>Nov 20<sup>th</sup> to 24<sup>th</sup></b>	
<b>Week 8 (17)</b> <b>Nov 27<sup>th</sup> to Dec 1<sup>st</sup></b>	Exams
<b>Dec 18<sup>th</sup> to Jan 1<sup>st</sup></b>	<b>Christmas Break</b>

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

(NB: Depending on time and interest, the teacher may delete and/or add other selections.)	
<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><u>3 Days of Class</u></b>  <i>4 ~ New Year Mass</i>	Coordination of Behind the Back Dribbling (1)
<b>Week 2 (21)</b> <b>Jan 8<sup>th</sup> to 12<sup>th</sup></b>	Coordination of Behind the Back Dribbling (2)
<b>Week 3 (22)</b> <b>Jan 15<sup>th</sup> to 19<sup>th</sup></b>	Change of Directions While Dribbling
<b>Week 4 (23)</b> <b>Jan 22<sup>nd</sup> to 26<sup>th</sup></b>	Biomechanics of a Lay Up (1)
<b>Week 5 (24)</b> <b>Jan 29<sup>th</sup> to Feb 2<sup>nd</sup></b>	Biomechanics of a Lay Up (2)
<b>Week 6 (25)</b> <b>Feb 5<sup>th</sup> to 9<sup>th</sup></b> <b><u>3 Days of Class</u></b>  <i>8-9 ~ CNY</i>	Putting an English Off the Backboard for Finishing Efficiently (1)

<b>Feb 8<sup>th</sup> to 16<sup>th</sup></b>	<b>CNY Holiday</b>
<b>Week 7 (26)</b> <b>Feb 19<sup>th</sup> to 23<sup>rd</sup></b> <i>19 ~ Lenten Mass</i> <i>21-23 ~ Pre-Exam Days</i>	Putting an English Off the Backboard for Finishing Efficiently (2)
<b>Week 8 (27)</b> <b>Feb 26<sup>th</sup> to March 1<sup>st</sup></b> <b><u>4 Days of Class</u></b> <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
<b>Week 1 (29)</b> <b>March 11<sup>th</sup> to 15<sup>th</sup></b> <b>4 Days of Class</b> <i>11 ~ Q3 Exams</i>  <i>12 ~ Q4 Begins</i>	Basic Concepts of Shooting a Basketball (the dip)
<b>Week 2 (30)</b> <b>March 18<sup>th</sup> to 22<sup>nd</sup></b>  <i>18-21 ~ Fire Drill</i>	Basic Concepts of Shooting a Basketball (the turn)
<b>March 25<sup>th</sup> to Apr 5<sup>th</sup></b>	<b>Easter Holiday</b>
<b>Week 3 (31)</b> <b>Apr 8<sup>th</sup> to 12<sup>th</sup></b>  <i>10 ~ Easter Mass</i>	Basic Concepts of Shooting a Basketball (shooting side alignment)
<b>Week 4 (33)</b>  <b>Apr 15<sup>th</sup> to 19<sup>th</sup></b>	Basic Concepts of Shooting a Basketball (the sway)
<b>Week 5 (34)</b> <b>Apr 22<sup>th</sup> to 26<sup>th</sup></b>  <i>22-26 ~ AP Mock Exams</i>	Basic Concepts of Shooting a Basketball (follow through arm stiffness)

<p><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></p>	<p>Exams</p>
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