



SUBJECT: Physical Education

GRADE LEVEL: Grade 1

TEACHER: Emily Lacangan

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

COURSE DESCRIPTION:

The activities and topics within the education program enable young basic learners to develop their basic and movement skills, knowledge and most significantly, their attitudes necessary to steer an active, healthy lifestyle. The course includes a good sort of activities like dancing, basic gymnastics, calisthenics, and Introduction to basic sports skills. In addition, emphasis on developing values like sportsmanship, perseverance and fair play are incorporated to every activity.

COURSE OBJECTIVES:

1. To foster in children a love of physical activity and play.
2. To instill a need for physical fitness in each child.
3. To develop coordination, balance, agility, alertness and control through movement.
4. To provide opportunities for increased responsibility in planning, organizing, and leadership.
5. To learn as much skills, games and dance experience as possible.
6. To encourage opportunities for children to belong to a group in which each child is accepted.
7. To provide experiences which will develop initiative, self-reliance, self-worth, loyalty, honesty, kindness to others and a love of learning
8. To create a sense of fair play and co-operation in children and the ability to working in groups, leading to increased cultural understanding

9. To provide opportunities for integration of P.E. with other subject areas: language arts, math, social studies, science, health, music and art.

PRIMARY TEXTBOOK & OTHER RESOURCES:

- Holt/Hale, S. and Hall, T., SHAPE America — Lesson Planning for Elementary Physical Education Society of Health and Physical Educators. (2016). Grade-level outcomes for K-12 physical education. Reston, VA: Author
- Landy, M.J and Landy J.M, Ready to use P.E. Activities, Paker Publishing Company, West Nyack, New York 10995

ASSESSMENT:

- Homework, seatwork and projects
 - Uniform
 - Daily Attendance
- Quizzes/ Performance in class
 - Daily effort in participating sports and exercise activities
 - Individual skills in sports and exercise
- Quarter Exam (Practical/Written)
- Department Grade

Other assessment: correcting their forms and technique by individual/ group

ADDITIONAL INFORMATION:

Formats for proper exercise

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

1. Warm-up
2. Fitness/ Sports activity
3. Cool down

Grading 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 effort in participating 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 %)

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.
10. Be responsible in returning the equipment that you have borrowed from the store room.

Guidelines for working with groups

- Respect everyone's feelings
- Use each other's' strengths, not weaknesses
- Give regeneration when someone does something well
- Compete to enhance your group, not necessarily against other groups
- Safety first
- Anticipate unsafe situations
- Try everyone's suggestions then formulate/try what is going to best suit your group.

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. Class will be dismissed 5-8 minutes before the dismissal bell to prepare changing their clothes

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 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

The teaching strategies depend on student learning styles and behavior in class. The teacher uses the google classroom for posting homework, advance announcement, PowerPoint presentation, health articles, sports and fitness related videos.

SUBJECT: Grade 1

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 12th 3 Days of Class <i>10~ First Day / Orientation Day</i> | <ul style="list-style-type: none"> • Introductory activities • Do and Don'ts • Meet and greet • Reminders for Gym and field rules |
| Week 2 Aug 15th to 19th <i>Opening Mass</i> | <ul style="list-style-type: none"> • Physical Fitness Test (Pre-test) <ul style="list-style-type: none"> - Skill related <ul style="list-style-type: none"> ▪ Shuttle-run (7 meters) • Health-Related Test <ul style="list-style-type: none"> - Flexibility - Cardiovascular endurance |
| Week 3 Aug 22nd to 26th | <ul style="list-style-type: none"> • Fitness Activities <ul style="list-style-type: none"> - Dance Exercise (Aerobics) - Practice and group performance |
| Week 4 Aug 29th to Sep 2nd | <ul style="list-style-type: none"> • Learning new exercise routine <ul style="list-style-type: none"> - Hip-hop aerobics - Practice and performance |
| Week 5 Sep 5th to 9th 4 Days of Class <i>8~ Mass & Birthday Mother Mary</i> <i>9th – Moon Festival</i> | <ul style="list-style-type: none"> • Introduction to Basketball <ul style="list-style-type: none"> - Short history, equipment presentation and familiarization - Do it yourself activity - Skills in basketball activities |
| Week 6 Sep 12th to 16th FYI – Pre-Exam Days | <ul style="list-style-type: none"> • Dribbling drills <ul style="list-style-type: none"> - Static and non-static - Do it yourself activity - Race (assessment) |
| Week 7 Sep 19th to 23rd | <ul style="list-style-type: none"> • Passing drills <ul style="list-style-type: none"> - Chest pass - Bounce pass - Overhead pass |
| Week 8 Sep 26th to 30th 2 Days of Class <i>28-30 ~Teacher's Conference</i> | <ul style="list-style-type: none"> - Continuation of dribbling skills - Cone activity - Race (assessment) - Dribbling assessment - Cone activity - Race (assessment) |
| Week 9 Oct 3rd to 7th 3 Days of Class <i>6-7 ~Q1 Exams</i> | Exam |

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 |
|-------------|--------------------------------|
|-------------|--------------------------------|

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|---|---|
| Week 1 (10) Oct 10th to 14th <u>4 Days of Class</u> <i>10 – Double 10 Holiday</i> | <ul style="list-style-type: none"> • Shooting skills <ul style="list-style-type: none"> - Short and long distance with the use of hula hoops - Volleyball will be used for the shooting in the real basketball ring - Free throws 3 pt side throws |
| Week 2 (11) Oct 17th to 21st | <ul style="list-style-type: none"> - Practice - Assessment |
| Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i> | <ul style="list-style-type: none"> - Mini- basketball game |
| Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i> | <ul style="list-style-type: none"> • Introduction to Volleyball <ul style="list-style-type: none"> - Short history and equipment introduction - Catch and throw in a short distance - Practice |
| Week 5 (14) Nov 7th to 11th | <ul style="list-style-type: none"> • Introduction to Volleyball <ul style="list-style-type: none"> - Catch and throw in a far distance - By pair |
| Week 6 (15) Nov 14th to 18th | <ul style="list-style-type: none"> - Ball control <ul style="list-style-type: none"> ▪ rolling on the floor with partner and by group ▪ Do it yourself ▪ By pair |
| Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i> | <ul style="list-style-type: none"> - catch and throw against the wall - solo practice by pair |
| Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i> | <ul style="list-style-type: none"> • Mini-game <ul style="list-style-type: none"> - Using a dodge ball and the net of badminton for the throw and catch activities in mini volleyball game. Exam |
| Week 9 (18) Dec 5th to 9th <i>8 - Foundation Day Celebrations</i> | <ul style="list-style-type: none"> - Practice |
| Week 10 (19) Dec 12th to 16th <u>3 Days of Class</u> <i>15-16 ~Q2 Exams</i> | <ul style="list-style-type: none"> - Exam |
| Dec 19th to Jan 2nd | Christmas Break |

3rd QUARTER – TENTATIVE COURSE CONTENT

| <i>(NB: Depending on time and interest, the teacher may delete and/or add other selections.)</i> | |
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| Week / Date | Topic / Projects / Assessments |
| Week 1 (20) Jan 5 to 6th <u>2 Days of Class</u> | <ul style="list-style-type: none"> • Rhythm and dance: <ul style="list-style-type: none"> - Basic steps in cha cha cha - Practice - Performance of cha cha cha - Introduction to Badminton |
| Week 2 (21) Jan 9th to 13th | <ul style="list-style-type: none"> • Introduction to Badminton <ul style="list-style-type: none"> - History and equipment introduction Ball control activity - By partner |

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| | <ul style="list-style-type: none"> - Receiving activities - Throw and hit (one on one with the teacher) <p>Practice</p> |
| Week 3 (22) Jan 16th to 20th | <ul style="list-style-type: none"> - Service drills and assessment - Practice - Assessment |
| Jan 23rd to 27th | Chinese New Year |
| Week 4 (23) Jan 30th to Feb 3rd | <ul style="list-style-type: none"> - Mini game |
| Week 5 (24) Feb 6th to 10th | <ul style="list-style-type: none"> • Running activities • Dance work out no. 4 |
| Week 6 (25) Feb 13th to 17th | <ul style="list-style-type: none"> • Introduction to tennis • History and Equipment introduction • Tennis drills in ball control |
| Week 7 (26) Feb 20th to 24th <i>20-24 ~IOWA</i> <i>22 ~ Ash Wednesday Mass</i> <i>21-23 ~ Pre-Exam Days</i> | <ul style="list-style-type: none"> - Race (assessment) - Review |
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| Week 8 (27) Feb 27th to March 3rd 3 Days of Class <i>27-28 ~ 228 Memorial Day Holiday</i> | <ul style="list-style-type: none"> - Exam |
| Week 9 (28) March 6th to 10th 4 Days of Class <i>11 - Q3 Exams</i> | <ul style="list-style-type: none"> - Receiving drills <ul style="list-style-type: none"> ▪ By partner ▪ With the teacher |

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 13th to 17th 4 Days of Class <i>13 - Q3 Exams</i> <i>14~ Q4 Begins</i> | <ul style="list-style-type: none"> - Service drills <ul style="list-style-type: none"> ▪ By partner ▪ With the teacher ▪ Do it yourself |
| Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i> | Tennis assessment |
| Week 3 (31) March 27th to 31st | <ul style="list-style-type: none"> • Introduction to Soccer <ul style="list-style-type: none"> -History and equipment presentation - drills in ball control |
| Apr 3rd to 14th | Easter Break |
| Week 4 (33) Apr 17th to 21st | <ul style="list-style-type: none"> - Drills in shooting - Drills in passing <ul style="list-style-type: none"> ▪ By partner ▪ By team |

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| | <ul style="list-style-type: none"> ▪ Group assessment |
| Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i> | Mini- game Group 1 vs group 2 Group 3 vs Group 4 |
| Week 6 (35) May 1st to 5th <i>2-4~ Pre-Exam</i> <i>1-5~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i> | Mini-game Final round |
| Week 7 (36) May 8th to 12th <i>8-12~ Final Exams(K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i> | Introduction to baseball <ul style="list-style-type: none"> - History and equipment presentation - Hitting the ball drills |
| Week 8 (37) May 15th to 19th <u>3 Days of Class</u> <i>18-19~ Q4 Exams</i> | <ul style="list-style-type: none"> - Game exploration - Assessment - Practice |
| Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i> | <ul style="list-style-type: none"> • Recreational and fun games <ul style="list-style-type: none"> - Tug of war - Relays <ul style="list-style-type: none"> ▪ Lemon relays ▪ Catching egg ▪ Sack race ▪ Message relays |
| Week 10 (39) May 29th to June 2nd <u>4 Days of Class</u> <i>1 ~ Students Last Day</i> <i>2~ Teachers/Staff Meeting</i> | <ul style="list-style-type: none"> - Water balloon Activity |