

Dominican International School



PHYSICAL EDUCATION

Course Syllabus

GRADE LEVEL: Grade-10
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SCHOOL YEAR: 2022-2013
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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 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

In grade-10, the physical education course will prepare students on how to maintain a healthy lifestyle through performing exercises and different kinds of sports. They will learn basic training principles that can be applied to their daily life, to learn the basic health knowledge and practices that ensure that they will be able to make wise health decisions that also involve their healthy life. Topics would include fitness components, athletic training, 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, balance, coordination, strength, agility, endurance, flexibility, fine and gross motor skills through movement. Activities include: warmup activities, fitness activities, movement awareness, rhythms and dance, play gymnastics, game skills, special games, basic coaching, officiating and closing activities. These activities are carefully chosen with the child's need in mind with the aim of creating a well-balanced physical education lesson.

Online Class Lectures and Seatwork's

Practicing different types of locomotion

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 the proper sequence based on Anatomy of Workouts base from the book of 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

Daily Attendance

Seatwork/Homework

Quizzes/Performance in Class (30 %)

Daily effort in participating 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 of 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 cleaned 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 in 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.

Class will be dismissed 5-8 minutes before the dismissal bell to prepare 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 parent/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 high school physical education: Meeting the National Standards & Grade Level.

Performance-based assessment for middle school and high school physical education.

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
<p>Week 1 Aug 10th to 12th 3 Days of Class <i>10~ First Day / Orientation Day</i></p>	<p>Class Orientation</p> <ul style="list-style-type: none"> Self-introduction Grading assessment Syllabus discussion Class rules and expectation
<p>Week 2 Aug 15th to 19th <i>Opening Mass</i></p>	<p>Physical Fitness Test (Pre-test)</p> <ul style="list-style-type: none"> Warm-up Push-ups/ Curl-ups, sit and reach, and cardiovascular endurance Results discussion and reminding
<p>Week 3 Aug 22nd to 26th</p>	<p>Circuit training</p> <ul style="list-style-type: none"> Targeting different muscle Improve coordination Increase lean muscle mass
<p>Week 4 Aug 29th to Sep 2nd</p>	<p>Interval training</p> <ul style="list-style-type: none"> Cardio workout

	High-intensity interval training (HIIT) Burning fat
Week 5 Sep 5th to 9th 4 Days of Class <i>8~ Mass & Birthday Mother Mary 9th – Moon Festival</i>	Plyometric training Building muscle power Using speed and force of different movement
Week 6 Sep 12th to 16th FYI – Pre-Exam Days	Presentation 1 How to read and understand scientific paper in health, physical education, and sport
Week 7 Sep 19th to 23rd	Presentation 2 How to read and understand scientific paper in health, physical education, and sport
Week 8 Sep 26th to 30th 2 Days of Class <i>28-30 ~Teacher's Conference</i>	Reviews
Week 9 Oct 3rd to 7th 3 Days of Class <i>6-7 ~Q1 Exams</i>	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 10th to 14th 4 Days of Class <i>10 – Double 10 Holiday</i>	Volleyball training History Equipment Rules How to play the game
Week 2 (11) Oct 17th to 21st	Passing Learn the ready position How to move efficiently Practice passing/ wall/ partner

	Strength and conditioning training
Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i>	Setting Learn a ready position and hand placement Practice setting/ wall/ partner Passing and setting Strength and conditioning training
Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i>	Serving Introduction of low serve/ high serve/ jump serve Practicing serving Strength and conditioning training
Week 5 (14) Nov 7th to 11th	Attacking 1 Learn the foot movement (three steps) Learn the hitting arm movement (swing) Practice hitting a volleyball: wall/ hanging ball Strength and conditioning training
Week 6 (15) Nov 14th to 18th	Attacking 2 Practice setting and hitting at position #4 Practice setting and hitting at position #3 Practice setting and hitting at position #2 Strength and conditioning training
Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i>	Blocking Learn how to jump and hand placement Practice hitting and blocking Strength and conditioning training
Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i>	Practice game 1 ➤ Warm-up ➤ Play games 3x3 players, 6x6 players
Week 9 (18) Dec 5th to 9th <i>8 - Foundation Day Celebrations</i>	Reviews
Week 10 (19) Dec 12th to 16th 3 Days of Class <i>15-16 –Q2 Exams</i>	Q2 Exams
Dec 19th to Jan 2nd	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 5 to 6th <u>2 Days of Class</u>	Introduction to Yoga History Benefits of practicing yoga Learn how to breath during practicing yoga Fitness test for flexibility
Week 2 (21) Jan 9th to 13th	Yoga poses practice 1 <ul style="list-style-type: none"> ➤ Mountain pose ➤ Easy Pose ➤ Palm Tree Pose ➤ Standing Forward Bend ➤ Chair Pose
Week 3 (22) Jan 16th to 20th	Yoga pose practice 2 <ul style="list-style-type: none"> ➤ Triangle Pose ➤ Extended Side Angle Pose ➤ Staff Pose ➤ High Lunge ➤ Warrior I Pose
Jan 23rd to 27th	Chinese New Year
Week 4 (23) Jan 30th to Feb 3rd	Yoga pose practice 3 <ul style="list-style-type: none"> ➤ Table Pose ➤ Cat Pose ➤ Cow Pose ➤ Balancing Table Pose ➤ Reverse Table Pose
Week 5 (24) Feb 6th to 10th	Yoga pose practice 4 <ul style="list-style-type: none"> ➤ Sphinx Pose ➤ Cobra Pose ➤ Child's Pose ➤ Dolphin Pose

	➤ Bridge Pose
Week 6 (25) Feb 13th to 17th	Yoga pose practice 5 ➤ Garland Pose (Frog Squat Pose) ➤ Plank Pose ➤ Chaturanga ➤ Upward-facing Dog ➤ Side Plank Pose
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>	Yoga pose practice 6 ➤ Marichi's Pose III ➤ Twisted Marichi's Pose III ➤ Twisted Triangle Pose ➤ Warrior II Pose ➤ Warrior III Pose
Week 8 (27) Feb 27th to March 3rd 3 Days of Class <i>27-28 ~ 228 Memorial Day</i> <i>Holiday</i>	Reviews
Week 9 (28) March 6th to 10th 4 Days of Class <i>11 ~ Q3 Exams</i>	Q3 Exams

4th 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
Week 1 (29) March 13th to 17th 4 Days of Class <i>13 ~ Q3 Exams</i> <i>14~ Q4 Begins</i>	Table Tennis training: Ball bouncing practice Forehand side Backhand side Alternate between forehand and backhand: against wall Strength and conditioning training
Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i>	Forehand Drive Stroke 1 Practice four phases of the technique: back swing, ball contact, follow through, and recovery. Footwork

	<p>Practice games by using forehand drive stroke</p> <p>Strength and conditioning training</p>
<p>Week 3 (31) March 27th to 31st</p>	<p>Forehand Drive Stroke 2</p> <p>Practice four phases of the technique: back swing, ball contact, follow through, and recovery.</p> <p>Footwork</p> <p>Practice games by using forehand drive stroke</p> <p>Strength and conditioning training</p>
<p>Apr 3rd to 14th</p>	<p>Easter Break</p>
<p>Week 4 (33) Apr 17th to 21st</p>	<p>Backhand Drive Stroke 1</p> <ul style="list-style-type: none"> ➤ Practice four phases of the technique: back swing, ball contact, follow through, and recovery. ➤ Footwork ➤ Practice games by using backhand drive stroke ➤ Strength and conditioning training
<p>Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i></p>	<p>Backhand Drive Stroke 2</p> <ul style="list-style-type: none"> ➤ Practice four phases of the technique: back swing, ball contact, follow through, and recovery. ➤ Footwork ➤ Practice games by using backhand drive stroke ➤ Strength and conditioning training
<p>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></p>	<p>Serving and return serving 1</p> <ul style="list-style-type: none"> ➤ Forehand serving grip ➤ Backhand serving grip ➤ Practice games by using serving and return serving techniques ➤ Strength and conditioning training
<p>Week 7 (36) May 8th to 12th <i>8-12~ Final Exams (K, 5, 8, 12 only)</i> <i>1-5 ~ AP Exams</i></p>	<p>Serving and return serving 2</p> <ul style="list-style-type: none"> ➤ Forehand serving grip ➤ Backhand serving grip ➤ Practice games by using serving and return serving techniques ➤ Strength and conditioning training
<p>Week 8 (37) May 15th to 19th</p>	<p>Tactic training</p>

<p><u>3 Days of Class</u> <i>18-19~ Q4 Exams</i></p>	<ul style="list-style-type: none"> ➤ The differences between single and double ➤ Serving strategy ➤ Reminding rules ➤ Games practice
<p>Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> <i>22~ Record Day</i> <i>23-26 ~ Student Clearance</i></p>	<p>Reviews</p>
<p>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></p>	<p>Q4 Exams</p>