

Dominican International School



PHYSICAL EDUCATION

Course Syllabus

GRADE LEVEL: Grade-4
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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

Physical education of grade 4 is a transition from low to middle school. The Students will learn how to maintain a healthy lifestyle through performing exercises and different kinds of sports, to train physically and mentally to achieve peak performance. 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 and 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 P.E. 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 elementary school physical education: Meeting the National Standards & Grade Level.

Dynamic Physical Education for Elementary School Children (2016). Pearson Education.

Ready-to-use P.E. Activities.

Health and physical education for elementary classroom teachers.

1st 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 Aug 10th to 12th 3 Days of Class <i>10~ First Day / Orientation Day</i>	Class Orientation Self-introduction Grading assessment Syllabus discussion Class rules and expectation
Week 2 Aug 15th to 19th <i>Opening Mass</i>	Physical Fitness Test (Pre-test) Warm-up Push-ups/ Curl-ups, sit and reach, and cardiovascular endurance
Week 3 Aug 22nd to 26th	Introduction to Jump Rope Equipment How to jump rope Strength and conditioning
Week 4 Aug 29th to Sep 2nd	Jump rope practice

	<p>Single leg</p> <p>Double legs</p> <p>Strength and conditioning</p>
<p>Week 5 Sep 5th to 9th 4 Days of Class <i>8~ Mass & Birthday Mother Mary 9th – Moon Festival</i></p>	<p>Introduction to Frisbee throw and catch</p> <p>Equipment</p> <p>How to throw and catch</p> <p>Strength and conditioning</p>
<p>Week 6 Sep 12th to 16th FYI – Pre-Exam Days</p>	<p>Throw and catch Frisbee practice</p> <p>Forehand, backhand, and hammer styles</p> <p>Horizontal and Vertical styles</p> <p>Strength and conditioning</p>
<p>Week 7 Sep 19th to 23rd</p>	<p>Throw and catch Frisbee practice</p> <p>Forehand, backhand, and hammer styles</p> <p>Horizontal and Vertical styles</p> <p>Strength and conditioning</p>
<p>Week 8 Sep 26th to 30th 2 Days of Class <i>28-30 –Teacher’s Conference</i></p>	<p>Reviews</p>
<p>Week 9 Oct 3rd to 7th 3 Days of Class <i>6-7 –Q1 Exams</i></p>	<p>Q1 Exams</p>

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
<p>Week 1 (10) Oct 10th to 14th 4 Days of Class <i>10 – Double 10 Holiday</i></p>	<p>Introduction to Soccer</p> <p>History</p> <p>Equipment</p> <p>Rules</p> <p>How to play the game</p>
<p>Week 2 (11) Oct 17th to 21st</p>	<p>Ball handling</p> <p>Foot/ thigh/ chest/ head</p> <p>Strength and conditioning</p>

Week 3 (12) Oct 24th to 28th <i>25-27 – Book Fair</i> <i>28- Masquerade Night</i> <i>TBA-Holy Rosary Mass</i>	Ball receiving and passing Inside foot Outside foot Strength and conditioning
Week 4 (13) Oct 31st to Nov 4th <i>1-All Saint's Day Mass</i>	Dribbling Strength and conditioning
Week 5 (14) Nov 7th to 11th	Shooting Inside foot Strength and conditioning
Week 6 (15) Nov 14th to 18th	Goal keeping Learn how to catch the ball safely Strength and conditioning
Week 7 (16) Nov 21st to 25th <i>25 - YSC Contest</i> <i>25-Gr.12 Q2 Exam</i>	Practice game 1 General warm-up and warm-up for soccer Rules reminding Playing games
Week 8 (17) Nov 28th to Dec 2nd FYI – Pre-Exam Days <i>28-Gr.12 Q2 Exam</i>	Practice game 2 General warm-up and warm-up for soccer Rules reminding Playing games
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 2 Days of Class	Introduction to Badminton History

	<p>Equipment</p> <p>Rules</p> <p>How to play the game</p>
<p>Week 2 (21) Jan 9th to 13th</p>	<p>Hand grips and foot work</p> <p>Grips for forehand and backhand</p> <p>How to move efficiently</p> <p>Strength and conditioning</p>
<p>Week 3 (22) Jan 16th to 20th</p>	<p>Forehand skills</p> <p>Clear</p> <p>Drive</p> <p>Drop</p> <p>Strength and conditioning</p>
<p>Jan 23rd to 27th</p>	<p>Chinese New Year</p>
<p>Week 4 (23) Jan 30th to Feb 3rd</p>	<p>Backhand skills</p> <p>Clear</p> <p>Drive</p> <p>Drop</p> <p>Strength and conditioning</p>
<p>Week 5 (24) Feb 6th to 10th</p>	<p>Serving</p> <p>Short serve</p> <p>Long serve</p> <p>Strength and conditioning</p>
<p>Week 6 (25) Feb 13th to 17th</p>	<p>Practice game 1</p> <p>Warm-up</p> <p>Rules reminding</p> <p>Playing games</p>
<p>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></p>	<p>Practice game 2</p> <p>Warm-up</p> <p>Rules reminding</p> <p>Playing games</p>
<p>Week 8 (27) Feb 27th to March 3rd 3 Days of Class</p>	<p>Reviews</p>

27-28 ~ 228 Memorial Day Holiday	
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>	Introduction to Basketball History Equipment Rules How to play the game
Week 2 (30) March 20th to 24th <i>20 ~ Fire Drill</i>	Skills Ball handling Dribbling Strength and conditioning
Week 3 (31) March 27th to 31st	Skills Passing Receiving Strength and conditioning
Apr 3rd to 14th	Easter Break
Week 4 (33) Apr 17th to 21st	Skills Standing shoot in different positions Strength and conditioning
Week 5 (34) Apr 24th to 28th <i>24-28 ~ AP Mock Exams</i>	Skills Jumping shoot in different positions Strength and conditioning
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>	Skills Defending Strength and conditioning
Week 7 (36) May 8th to 12th	Practice game 1

<p>8-12~ <i>Final Exams (K, 5, 8, 12 only)</i> 1-5 ~ <i>AP Exams</i></p>	<p>Warm-up Rules reminding Playing games</p>
<p>Week 8 (37) May 15th to 19th <u>3 Days of Class</u> 18-19~ <i>Q4 Exams</i></p>	<p>Practice game 2 Warm-up Rules reminding Playing games</p>
<p>Week 9 (38) May 22nd to 26th <u>4 Days of Class</u> 22~ <i>Record Day</i> 23-26 ~ <i>Student Clearance</i></p>	<p>Reviews</p>
<p>Week 10 (39) May 29th to June 2nd <u>4 Days of Class</u> 1 ~ <i>Students Last Day</i> 2~ <i>Teachers/Staff Meeting</i></p>	<p>Q4 Exams</p>